Programs for Seniors

NOVA SCOTIA
Senior Citizens' Secretariat

2005
16th Edition

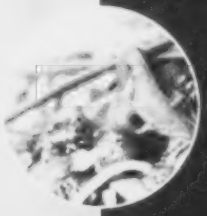
Inside:
Valuable information for those 50+ and their families

Complimentary Copy

Always on your side!

Talk to your PROfile® Pharmacist about..,

Medication



Nutrition

Lifestyle

Wellness

Health Care

...and much more.

Your PROfile® Pharmacist can do much more for you than you'd expect.

As the most accessible health care provider in the community, your PROfile® Pharmacist is often your first point of contact with the health care system and is an excellent source of information.

In addition to advice and information about the best way to take your medicine, your PROfile® Pharmacist can help you with a variety of other health concerns, including help with conditions such as diabetes, asthma, high blood pressure or high cholesterol. He or she can provide sound, up-to-date advice on staying well and preventing disease. Your PROfile® Pharmacist can also help with lifestyle changes. Talk to your PROfile® Pharmacist.

PROfile® HEALTH & WELLNESS SYSTEM

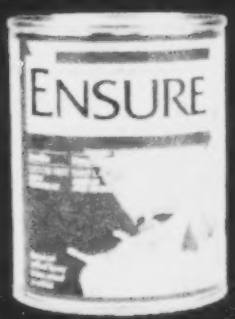
Lawtons DRUGS

Sobeys Ready to serve.

105-04922/

Don't feel like eating some days? No time to eat?

Ask your doctor or pharmacist how ENSURE can help.



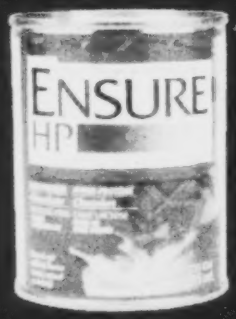
REGULAR

- For those days when you can't eat due to lack of time or have low energy
- 250 Calories per 235-mL can
- 25% of recommended daily vitamins and minerals
- Lactose-free

PLUS

- When you want to increase your caloric intake
- 355 Calories per 235-mL can
- 25% of recommended daily vitamins and minerals
- Lactose-free

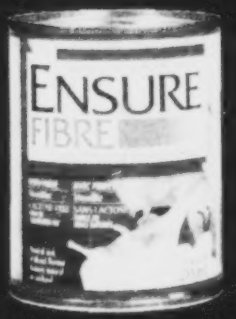
42% more calories
41% more protein



HIGH-PROTEIN

- To compensate for the lack of protein in your diet or as a post-exercise drink
- 225 Calories per 235-mL can
- 25% of recommended daily vitamins and minerals
- Lactose-free

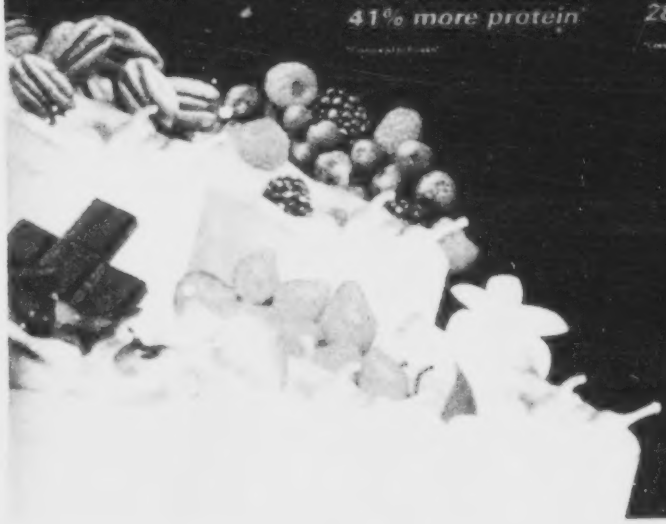
28% more protein



FIBRE

- Provides complete nutrition plus dietary fibre
- 250 Calories per 235-mL can
- 25% of recommended daily vitamins and minerals
- Lactose-free

3.4 g fibre per 235-mL can



The largest family of complete nutrition

- Lactose-free
- Low in saturated fat
- Variety of delicious flavours

COMPLETE MEAL REPLACEMENT

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'99306

A Message from
The Honourable John F. Hamm
Premier of Nova Scotia

The Government of Nova Scotia is proud to be a part of this annual publication that supports healthy lifestyles and the independence of Nova Scotia's seniors.

Every day thousands of seniors energize and strengthen their communities through volunteering their time, participating in programs, or sharing with a friend or loved one. This directory is full of valuable information on everything from seniors' organizations to health and wellness activities, to transportation and housing contacts. All are meant to promote the value and participation of seniors in communities throughout our province.

On behalf of all Nova Scotians, I would like to thank all seniors for making such tremendous contributions to our province.

Sincerely,

John Hamm

John Hamm

A Message from
The Honourable Angus MacIsaac
Chairperson, Senior Citizens' Secretariat

In my role as Chairperson of the Senior Citizens' Secretariat I have had the opportunity to witness and be impressed by the strong model of partnership that has been formed with seniors in Nova Scotia.

Throughout the year the Secretariat consults and collaborates with seniors and seniors' organizations on issues that matter to our aging population. I appreciate receiving your advice in identifying priority areas. I want to acknowledge the many seniors' organizations that dedicate their time to supporting the interests of seniors. Your knowledge and feedback is invaluable.

I hope our 16th edition of Programs for Seniors is of value to you. We are distributing 75,000 copies as well as posting it on the Secretariat's website. Please feel free to call our staff at 1-800-670-0065 if you have additional questions.

Yours truly,

Angus MacIsaac

Chairperson, Senior Citizens' Secretariat

Message from the Ministers
Message des ministres

Ken Dryden, P.C., M.P
Ken Dryden, c. p., député

Tony Ianno, P.C., M.P.
Tony Ianno, c. p., député

Message from the Ministers

As Minister of Social Development and Minister of State (Caregivers and Families), we are pleased to congratulate the Nova Scotia Senior Citizens' Secretariat on the 16th edition of Programs for Seniors, an important publication for all Nova Scotians.

The Government of Canada recognizes the vital role that seniors play in our society. They have earned the right to be treated with dignity and enjoy a quality of life that we can all take pride in. Many seniors want to remain active and engaged in community life in their retirement years. That is why Social Development Canada has recently launched the New Horizons for Seniors program the purpose of which is to fund community-based projects that promote the well-being, independence and participation of seniors.

Social Development Canada is committed to improving the lives of Canadian seniors and will continue to work with its partners in all levels of government and the voluntary sector to help ensure that the needs of seniors are met.

If you are a senior or know someone who is, we encourage you to become familiar with the new edition of Programs for Seniors.

Message des ministres

En tant que ministre du Développement social et ministre d'État (aidants naturels et familles), il nous fait plaisir d'offrir nos félicitations au *Nova Scotia Senior Citizens' Secretariat* pour la 16e édition de *Programs for Seniors* (Programmes destinés aux aînés), une publication importante pour tous les citoyens de la Nouvelle-Écosse.

Le gouvernement du Canada reconnaît le rôle vital que les aînés jouent dans notre société. Ils ont acquis le droit d'être traités avec dignité et de jouir d'une qualité de vie dont nous pouvons tous être fiers. Beaucoup d'aînés veulent demeurer actifs et être impliqués dans des activités sociales au cours de leurs années de retraite. C'est la raison pour laquelle Développement social Canada a lancé tout récemment le programme Nouveaux Horizons pour les aînés, qui vise à financer les projets communautaires qui favorisent le bien-être, l'indépendance et la participation des aînés.

Développement social Canada tient à améliorer la vie des aînés canadiens et il continue de travailler avec ses partenaires de tous les ordres de gouvernement et le secteur bénévole et communautaire afin de s'assurer que les besoins des aînés soient satisfaits.

Si vous êtes un aimés ou si vous en connaissez un, nous vous encourageons à vous familiariser avec la nouvelle édition de *Programs for Seniors* (Programmes destinés aux aînés).

1994-33

Getting Older ... Getting Ready

Valerie White, Executive Director of the Senior Citizens' Secretariat, chairs a public meeting on the Task Force on Aging.

Thank You

Through our Task Force on Aging initiative, we completed 34 lively, informative meetings across the province between October 25 and December 3, 2004. I was pleased to have had the opportunity to renew old friendships and reconnect with so many dedicated volunteers and professionals in the field of aging.

A sincere thank you to the nearly 1,000 individuals and organizations who contributed to the consultation process by attending public meetings, sending in written responses and participating in focus groups. Your insights and experiences have contributed greatly to the creation of a comprehensive strategy that identifies the vision, principles, goals, and societal actions necessary for meeting the needs of seniors and seizing the opportunities associated with an aging population.

A special thank you to the Royal Canadian Legion for providing space for our many meetings, and to our Community Ambassadors who helped promote the public meetings and welcomed the Task Force to their community.

Sincerely,

Valerie

NOVA SCOTIA
Senior Citizens' Secretariat

For more information, visit our web site at www.gov.ns.ca/scs/
or phone: (902) 424-0065 (Metro) or 1-800-670-0065 (toll-free)

Mainstage Entertainment:

ARMY BOOTS AND SALUTES

A Big Band tribute to the men and women who served our country during World War II

50+expo

Friday, June 10 and Saturday, June 11, 2005
Exhibition Park, Halifax

Personal Information

Name: _____

Address: _____

Postal Code: _____

Telephone: _____

Social Insurance: _____

Nova Scotia Health Card:

_____

Name, address and telephone number of:

Relative: _____

Friend: _____

Doctor: _____

Lawyer: _____

Clergy: _____

Other: _____

Other telephone numbers:

Seniors' Information: 1-800-670-0065

Home Care: 1-800-225-7225

Long-Term Care: 1-800-225-7225

Local Pharmacy: _____

Emergency numbers:

Ambulance, Police, Fire: **911**

Help Line: _____

Hospital: _____

Poison Control: _____

When calling 911 say:

"This is an emergency!"

Tell the operator where help is needed and try to give the exact location of the emergency, if possible.

New Listings

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On the Cover:

Left: Four Generations: George Paul of Eskasoni took this portrait of his grandmother, mother, sister, daughter and two nieces.

Top right: Nova Scotia was well-represented at the Canada Senior Games in Whitehorse in 2004.

Centre right: D-Day veterans received a standing ovation at Province House, May 5, 2004. Photo by Shirley Robb.

Lower right: Doris Evans of Dartmouth received the 2004 Remarkable Seniors Award in the Volunteer category.

Frequently Called Numbers

Birth, Marriage and Death Certificates 1-877-848-2578

College of Physicians and Surgeons (NS) ..... (902) 422 5823

Continuing Care Services 1-800-225-7225

- Home Care
- Long-Term Care
- Adult Protection

Doctors Nova Scotia ..... (902) 468-1866

General Enquiries (Federal) 1-800-622-6232

GST Refunds 1-800-959-1953

Income Tax (Personal Tax and Volunteer Clinics) 1-800-959-8281

Insurance Bureau of Canada (IBC) 1-800-565-7189

Legal Information Society ..... (902) 454-2198

MSI 1-800-563-8880

OAS/GIS and CPP ..... (English): 1-800-277-9914

(Français): 1-800-277-9915

Pharmacare Program 1-800-544-6191

Property Tax Rebate 1-877-296-9338

Provincial Tax Information ..... (902) 424-6300

Public Enquiries (Nova Scotia) 1-800-670-4357

(902)-434-5200

- General Information
- Consumer Information and Complaints
- Access Nova Scotia
- Debtor Assistance
- Residential Tenancies and Condominiums

Senior Citizens' Secretariat 1-800-670-0065

(902) 424-0065

Seniors' Safe Driving Discount Program 1-800-898-7668

(902) 424-5851

Superannuation Plans ..... (Provincial): (902) 424-5070

(Federal): 1-800-561-7930

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Questions About Programs and Services for Seniors?

Call the Seniors' Information Line at the Senior Citizens' Secretariat.
Phone: **424-0065** or **1-800-670-0065**.

Continuing Care

1-800-225-7225

One Call for Help with

- Home Care
- Entering a Home for Seniors, or
- Protecting a Vulnerable Adult

NOVA SCOTIA
Health

www.gov.ns.ca/health/ccs

193371

Nova Scotia Senior Citizens' Secretariat

The Nova Scotia Senior Citizens' Secretariat, chaired by the Honourable Angus MacIsaac, Minister of Health, is the central resource for Nova Scotia's seniors. Its mission is to coordinate the planning and development of policies, programs, and services for seniors. To fulfill its mission, the Secretariat seeks the input of seniors and works closely with other government departments and agencies. It also provides resource materials and information about aging in Nova Scotia.

The Ministers of the Secretariat are:

Honourable Angus MacIsaac
Minister of Health, Chair of the Nova Scotia Senior Citizens' Secretariat

Honourable David Morse
Minister of Community Services

Honourable Barry Barnet
Minister of Service Nova Scotia and Municipal Relations

Honourable Jamie Muir
Minister of Education

Honourable Rodney MacDonald
Minister of Health Promotion, Minister of Tourism, Culture and Heritage.

Seniors' Information Line

To obtain information on programs and services for seniors or discuss any concerns you may have, call the Secretariat from anywhere in Nova Scotia, at no charge to you.
Hours: Monday to Friday, 8:30 am – 4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Information Resource Centre

Visit the Secretariat's Information Resource Centre where you can browse through or borrow the latest publications on aging. The collection includes journals, books, magazines, newspapers, newsletters, videos, and pamphlets. The centre is located on the 4th Floor, Dennis Building, 1740 Granville Street, Halifax.
Hours: Monday to Friday, 8:30 am – 4:30 pm.

E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Nova Scotia Seniors' Art and Photo Gallery

If you're an artist or photographer aged 50+, consider displaying and selling your work at the Seniors' Art and Photo Gallery, located at the World Trade and Convention Centre. See page 44 for more information.

Questions About Programs and Services for Seniors?

Call the Seniors' Information Line at the Senior Citizens' Secretariat.
Phone: **424-0065** or **1-800-670-0065**.

50+ Expo: Life is What You Make It

50+ Expo is a consumer trade show and exhibition for the 50+ crowd and their families. Plan to attend this year's expo, June 10 and 11, 2005, at Exhibition Park, in Halifax.

Publications

Contact the Secretariat for copies of the following publications, or download them from the Secretariat's website.

Programs for Seniors: You're reading this informative directory now! To suggest additions, place an ad, or request additional copies, contact the Secretariat.

A Statistical Profile of Nova Scotia Seniors: This publication covers a range of topics from education and health to leisure and finances. Facts, graphs, and statistics help paint a clear picture of the 65+ population. Population projections provide insight into the future as our population ages.

Elder Abuse: This pamphlet gives a basic introduction to the seriousness of elder abuse. It provides definitions, terminology, and instruction about what to do if abuse is suspected.

Newsletter: This quarterly publication provides helpful advice and information for seniors, their families, and those with an interest in aging. Your letters, articles, and items of interest are welcome.

Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations: Contains the latest contact information for these active seniors' organizations.

For more information, contact:

Valerie J. White, Executive Director
(902) 424-6322

Heather Praught, Coordinator
(902) 424-4649

Stephen Coyle, Research/Policy Analyst
(902) 424-4735

Mary Boutilier, Administrative Assistant
(902) 424-4737

Jane Mayer, Project Officer
(902) 424-5874

Jane Phillips, Librarian
(902) 424-4710

Senior Citizens' Secretariat

1740 Granville Street, 4th Floor
PO Box 2065, Halifax, NS B3J 2Z1
Phone: (902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Reduce your risk of cancer
• avoid smoking
• be physically active
• protect yourself from the sun

Doctors Nova Scotia

For information or assistance

Mayor Peter J. Kelly
Halifax Regional Municipality
Tel: 490-4010 Fax: 490-4012
Email: kellyp@halifax.ca

Seniors' Organizations in Nova Scotia

Nova Scotia Seniors' Organizations: Group of IX

The Ministers and staff of the Senior Citizens' Secretariat consult in a variety of ways with seniors and retired Nova Scotians. Methods of consultation include the Secretariat's Fall and Spring Consultations with seniors councils, seniors centres, and related agencies. Regular meetings are also held with the Group of IX Seniors' Organizations, an advisory group to the Secretariat on seniors' issues.

The Group of IX is independent of government. It may consult with other organizations and special interest groups in an effort to be fully informed and representative of the senior population of Nova Scotia. The Group of IX provides advice to the Minister of Health on matters such as Pharmacare and continuing care.

Organizations whose elected representatives form the Group of IX are:

- Canada's Association for the Fifty-Plus (CARP)
- Canadian Pensioners Concerned, Nova Scotia (CPC)
- Federal Superannuates National Association, Nova Scotia Region (FSNA)
- Federation of Senior Citizens and Pensioners (FSCP)
- Gerontology Association of Nova Scotia (GANS)
- Nova Scotia Government Retired Employees Association (NSGREA)
- Royal Canadian Legion, Nova Scotia/Nunavut Command (RCL)
- Regroupement des Aînées et Aînés de la Nouvelle-Écosse (RANE)
- Retired Teachers Association of Nova Scotia (RTA)

Organizations represented by the Group of IX are affiliated with national bodies that meet with the Government of Canada through the Congress of National Seniors Organizations, a national forum.

For more information, contact:
Phil Hughes, Chairperson, Group of IX
57 Willowdale Lane
Antigonish, NS B2G 2J1
Phone: (902) 863-6185
E-mail: philhughes@ns.eastlink.ca

Canada's Association for the Fifty-Plus (CARP)

CARP promotes the rights and quality of life of mature Canadians (50 and older).

It develops practical recommendations on a variety of issues, including an integrated health care system, the new face of retirement, agism, successful aging, retirement income, and environment. CARP is a non-profit association and does not receive government operating funds.

Membership fee is $19.95 per year ($49.95 for three years), including spouses. Members can save on products and services and receive the magazine *CARP News 50+*, mailed to members six times per year.

For more information, contact:
Redvers F. Cainey, Representative (NS and PEI)
26 Millwood Drive
Sackville, NS B4E 2V3
Phone: (902) 864-7407
Toll-free: 1-800-363-9736

Canadian Pensioners Concerned Nova Scotia (CPC)

CPC addresses issues affecting older Nova Scotians, their families, and caregivers. Issues include: housing, pensions and finances, health care, abuse, legal concerns, transportation, and other issues. Anyone over 18 years of age can join and attend the monthly meetings.

The organization's ongoing activities include researching and preparing briefs, reports, and educational materials; communicating with government and networking with other organizations; taking part in conferences and meetings; sponsoring and implementing projects; hosting forums and workshops; and providing information on numerous topics that are of interest to the public.

You can also order publications from CPC on topics ranging from elder abuse to advanced health-care directives and other related issues.

For more information, contact:
Joan Lay, President CPC
7071 Bayers Road, Box 22084
Halifax, NS B3L 4T7

Phone: (902) 477-5151
E-mail: cpc@ns.sympatico.ca
Website: www3.ns.sympatico.ca/cpc

Federal Superannuates National Association (FSNA)

FSNA advances, promotes, and protects the interests of those who have retired from the federal public service, armed forces, the Royal Canadian Mounted Police, and the Federal Judiciary. FSNA is recognized by governments, national unions, and staff associations as the voice for federal superannuates. Federal superannuates who have questions about their pensions, may call **1-800-561-7930** for information.

For more information, contact:
Paul A. Cadeau, Regional Director, Nova Scotia
2 Griffin Place
Dartmouth, NS B2V 2N5

Phone: (902) 462-8278
E-mail: paulacadeaupaul@cs.com

or

Bob Bachynsky
Deputy Regional Director, Nova Scotia
48 Thompson Avenue
Sydney, NS B1S 1L1

Phone: (902) 567-2456
E-mail:bachynskybb@ns.sympatico.ca

or

Federal Superannuates National Association
1052 St. Laurent Boulevard
Ottawa, ON K1K 3B4

Phone: (613) 745-2559
E-mail: info@fsna.com
Website:www.fsna.com

Federation of Senior Citizens and Pensioners of Nova Scotia (FSCPNS)

This organization is composed of seniors' clubs and councils. It monitors seniors' programs, services, and benefits. It also advocates for their maintenance and works closely with the eight other major seniors' organizations and the Nova Scotia Senior Citizens' Secretariat.

Federal Superannuates National Association

F S N A
N
R
F

Serving retirees of the
- Federal Government
- Canadian Forces
- Royal Canadian Mounted Police
- Federal Judiciary

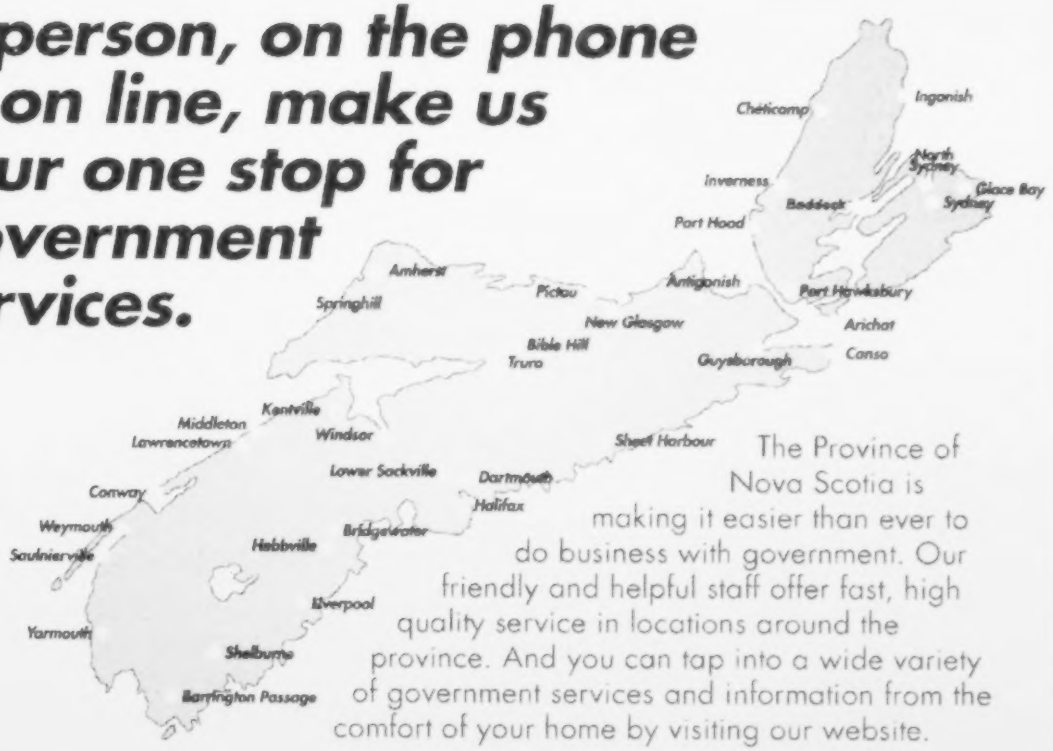
For Local Branch Information Contact:
Paul Cadeau, Regional Director, Nova Scotia
2 Griffin Place, Dartmouth, NS B2V 2N5
Tel: (902) 462-8278
email: PAULACadeauPaul@cs.com

199063

Service Nova Scotia and Municipal Relations

We're Serving You Better

In person, on the phone or on line, make us your one stop for Government Services.



The Province of Nova Scotia is making it easier than ever to do business with government. Our friendly and helpful staff offer fast, high quality service in locations around the province. And you can tap into a wide variety of government services and information from the comfort of your home by visiting our website.

- Residential Tenancies
- Express Service Kiosks
- Driver Licensing
- Debtor Assistance
- Veteran Licence Plates
- Vehicle Registration
- Consumer Information
- Property Assessment
- Photo IDs
- Birth, Marriage and Death Certificates

Call us or visit our web site to find the location nearest to you.

General Enquiries
424-5200 (Metro)
1-800-225-8227 (toll-free)

Registry of Motor Vehicles
424-5851 (Metro)
1-800-898-7668 (toll-free)

www.servicens.ca

NOVA SCOTIA
Service Nova Scotia and Municipal Relations
Service is our Business.

199068

For more information, contact:
Murray Covert, President
RR#2, Annapolis Royal, NS B0S 1A0
Phone: (902) 532-2660

or
Edda Ferguson, Secretary
201-25 Windsor Way
Truro, NS B2N 6Z5
Phone: (902) 893-1561

Gerontology Association of Nova Scotia (GANS)

GANS is an organization with representation from seniors, professionals, individuals, and organizations. It offers opportunities for individuals and organizations to meet and share their concerns about aging and supports gerontological research in the province. Activities include: workshops, educational seminars, student scholarship, educational symposium, and a newsletter.

LinkAGES: www.communityzero.com

This user-friendly, up-to-date, interactive website is for and about older Nova Scotians. It features the latest information on issues such as health, aging, and social services. Users can sign on to share insight and views on various concerns through current opinion polls and online discussion groups.

For more information, contact:
Nila M. Ipson, Vice-President
PO Box 952 Halifax Central
Halifax, NS B3J 2V9
Phone: (902) 494-3391
E-mail: nila.ipson@dal.ca
Website: www.communityzero.com/linkages

Nova Scotia Government Retired Employees Association (NSGREA)

NSGREA is dedicated to the well-being and comfort of pensioned, former employees of the Nova Scotia Government. It serves as an advocate, helping to oppose restrictions or reductions by provincial and federal governments on pension benefits. NSGREA has grown to 2,800 members since it was founded 14 years ago. All recipients of Nova Scotia Public Service Superannuation Allowance may join. Annual dues are $20.

For more information, contact:
Bernie LaRusic, President
477 Cobequid Road, Unit 2
Phone/Fax: (902) 562-1901
Toll-free: 1-800-677-8666
E-mail: nsgrea.ret@ns.sympatico.ca
Website: www.nsgrea.ca

or
Sharon Braine, Membership Secretary
Phone: (902) 865-5050

Nova Scotia Retired Teachers Association (NSRTA)

NSRTA is an association of the Nova Scotia Teachers Union. Its mission is to maintain contact with retired teachers, to stay informed about educational matters, and to take part in helping to improve the quality of life for children and colleagues. All former educators in receipt of a teachers pension are eligible for membership. Membership fee: $10 per year.

For more information, contact:
Walter Farmer, President
163 Highway #2
Enfield, NS B2T 1C8
Phone: (902) 883-7343

or
Debby Savoie, Nova Scotia Teachers Union
Toll-free: 1-800-565-6788

Regroupement des Aînées et Aînés de la Nouvelle-Écosse

Cette association est née lors d'un colloque tenu les 26 et 27 octobre 1994 à Halifax.

Les buts du Regroupement sont :

- de promouvoir les intérêts généraux et particuliers de la population aînée acadienne et francophone de le Nouvelle-Écosse
- d'assurer l'épanouissement de cette population
- d'être le porte-parole autorisé de cette population.

Le Regroupement se penche sur des sujets et domaines qui touchent particulièrement les aînées tels que les pensions, les soins à domicile, la santé, etc. En plus, il organise des activités sociales provinciales différentes de celles des clubs locaux telles que des conférences, des projets de collaboration et des ateliers à l'échelle provinciale.

Le Regroupement compte plus de 400 membres répartis dans les sept régions acadiennnes de la Nouvelle-Écosse. Le Conseil d'administration du Regroupement est composé de représentant venant de chaque région. Pour de plus amples renseignements au sujet des activités du Regroupement ou pour devenir membre, n'hésitez pas à communiquer avec le bureau du Regroupement au **(902) 433-0860.**

Pour obtenir plus de details téléphoner:
Blair Boudreau, Président
PO Box 332
Wedgeport, NS B0W 2B0
Téléphone: (902) 663-2633
Couriel: blairboudreau@eastlink.ca

Royal Canadian Legion (RCL)

The Legion is a non-profit, dues-supported organization which assumes a major responsibility for continuing Remembrance in Canada. The Legion also focuses on obtaining adequate pensions and other well-earned benefits for Veterans and their dependants.

Canadian citizens or Commonwealth subjects of federal voting age may be eligible for Legion membership in one of the following three categories: ordinary, associate, or affiliate.

For more information, contact:
The Service Officer of your nearest Legion branch,

or
Royal Canadian Legion
Nova Scotia/Nunavut Command Officer
5621 Rainnie Drive
PO Box 9075, Station A
Halifax, NS B3K 5M7

Phone: (902) 429-2993

Seniors Councils, Clubs, and Centres

Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations

The directory provides contact information for all seniors' councils, clubs, centres, and organizations in the province. Copies are available from the Senior Citizens' Secretariat at **1-800-670-0065.**

Seniors' Councils and Clubs

Approximately 19 seniors' councils and over 200 seniors' clubs are active in Nova Scotia. Clubs offer a wide variety of programs and social events for local seniors. Councils are comprised of representatives from each seniors' club. They serve as a forum for sharing information and addressing local seniors'

issues. Representatives of the seniors' councils meet with the Senior Citizens' Secretariat at least twice a year.

For a list of seniors' clubs in your area, contact your local seniors' council, or the Senior Citizens' Secretariat at **1-800-670-0065.**

Seniors' Councils

Annapolis County Senior Citizens' Council
Murray Covert, President
RR#2 Annapolis Royal, NS B0S 1A0
Phone: (902) 532-2660

Antigonish-Guysborough Senior Citizens' Council #63
Marie Kelly, President
17 North Shamrock Acres
Antigonish, NS B2G 1C9
Phone: (902) 863-0828

Cape Breton Senior Citizens' Council
Nelson Muise, President
271 Cabot Street
Sydney, NS B1P 4E7
Phone: (902) 539-9767

Colchester/East Hants Seniors' Council
Vince De Adder, President
RR#1, Debert, NS B0M 1G0
Phone: (902) 662-2536

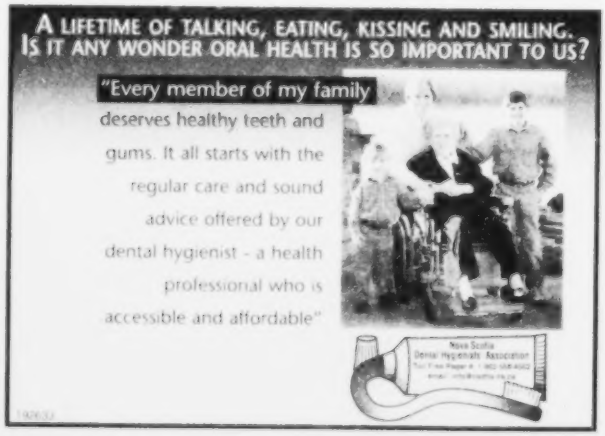
Cumberland County Senior Citizens' Council
Marion Dotten, President
RR#1, Wallace, NS B0K 1Y0
Phone: (902) 257-2349

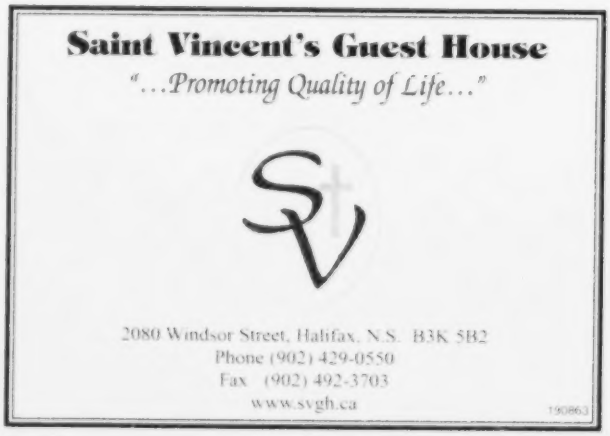
Dartmouth Senior Citizens' Council
Leo Poirier, President
1 Alderney Drive, #301
Dartmouth, NS B2Y 4A7
Phone: (902) 469-3907

Digby County Senior Citizen's Council
Jeanette Saulnier, Contact
Box 2890, RR#1
Yarmouth, NS B5A 4A5
Phone: (902) 649-2596

Halifax County Seniors' Council (Zone 15)
Patricia Murchy, President
526 Conrod Road, RR #5
Middle Musquodoboit, NS B0N 1X0
Phone: (902) 384-2454

Halifax Seniors' Council
Pat MacLellan, President
188 Northcliff Drive
Hatchett Lake, NS B3T 1S8
Phone: (902) 852-4297


A LIFETIME OF TALKING, EATING, KISSING AND SMILING.
IS IT ANY WONDER ORAL HEALTH IS SO IMPORTANT TO US?
"Every member of my family
deserves healthy teeth and
gums. It all starts with the
regular care and sound
advice offered by our
dental hygienist - a health
professional who is
accessible and affordable"



Hants County Senior Citizens' Council
Vivian MacMillan, President
44 Underwood Drive, Box 427
Windsor, NS B0N 2T0
Phone: (902) 798-4913

Inverness/Victoria 63A Council
Mary Fleck, President
PO Box 575
Margaree Forks, NS B0E 2A0
Phone: (902) 248-2838

Kings County Senior Citizens' Council
Erle Dolsen, Secretary
PO Box 103
Auburn, NS B0P 1A0
Phone: (902) 847-9748

This fall, get your flu shot!

Lunenburg County Senior Citizens' Council
Jack O'Connell, President
PO Box 114
Chester, NS B0J 1J0
Phone: (902) 275-3359

Pictou County Senior Citizens' Council
Betty Cooke, President
Site 7, Box 1, RR#1
Trenton, NS B0K 1X0
Phone: (902) 752-7280

Queens County
Geraldine Ramey, Contact
30 Belmont Drive
Bridgewater, NS B4V 4E5
Phone: (902) 543-6903

Richmond County Senior Citizens' Council
Joseph MacPhee, President
RR#2 St. Peters, NS B0E 3B0

Be **active,** every **day,** your **way.**

Age is no barrier.

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Health Promotion
Sport and Recreation

www.gov.ns.ca/ohp/srd

CANADA'S Physical Activity Guide to Healthy, Active Living

Sackville Seniors' Advisory Council
Jackie Cajolais, Contact
45 Connolly Street
Lower Sackville, NS B4E 1S6
Phone: (902) 864-5591

Shelburne Senior Citizens' Council
Evelyn Crowell, Secretary
Site 2, Box 1, Comp. 2
Baccaro, NS B0W 1C0
Phone: (902) 768-2282

Yarmouth County Senior Citizens' Council
Phyllis Cottreau, President
PO Box 492
Lower Wedgeport, NS B0W 2B0
Phone: (902) 663-2827

Association of Halifax Regional Seniors' Councils

This association is made up of representatives from seniors' councils in the Halifax Regional Municipality. Its members organize workshops and seminars, exchange information between councils, and maintain contact with seniors' clubs in the metro area.

For more information, contact:
Inez MacKenzie, Chairperson
22525 Main
Sheet Harbour, NS B0J 3B0
Phone: (902) 469-3907

Societies' Act

Seniors' clubs, councils, and other organizations may become incorporated under the Societies' Act for a $35 fee.

For more information, contact:
Registry of Joint Stock Companies
9 North, Maritime Centre
1505 Barrington Street
PO Box 1529
Halifax, NS B3J 2Y4
Phone: (902) 424-7770
Toll-free: 1-800-225-8227
E-mail: joint-stocks@gov.ns.ca
Website: www.gov.ns.ca/snsmr

Seniors' Centres

Seniors' centres are places where older people can meet one another, participate in activities, and receive services. Contact your local seniors' centre for a complete listing of its activities.

Metro Region

Bloomfield Centre
2786 Agricola Street
Halifax, NS B3K 4E1
Phone: (902) 490-4629
Volunteer: Matt Kerrigan

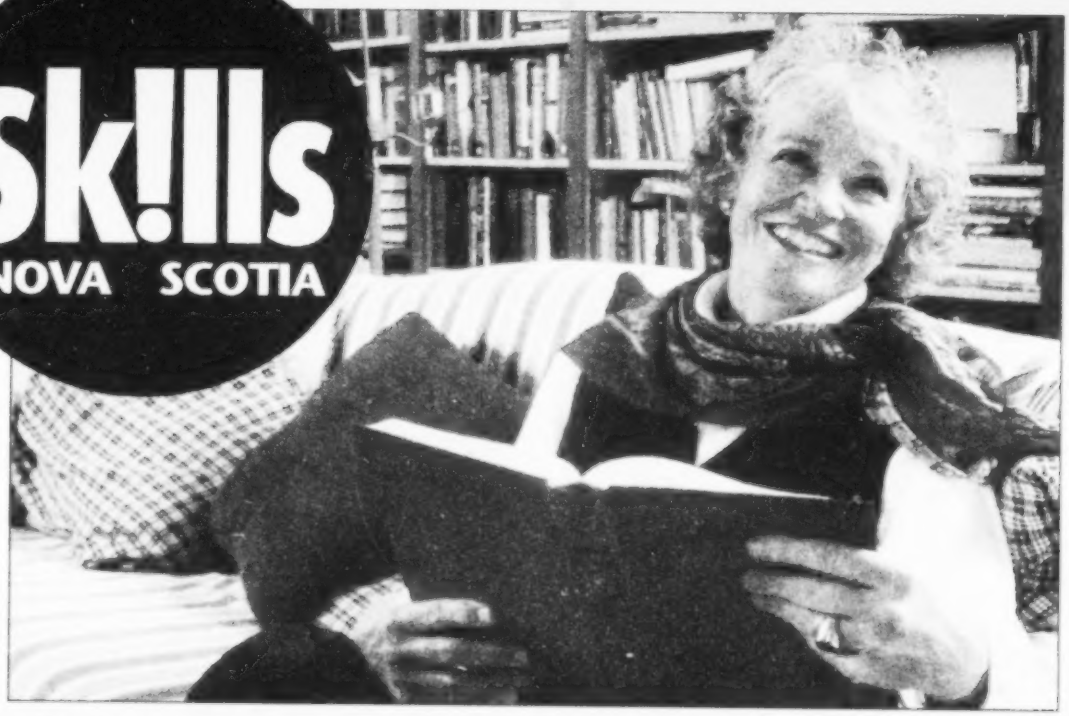
Dartmouth Seniors' Service Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: (902) 465-5578
Contact: David Camp

Northwood Community Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: (902) 454-3351
Staff: Pauline Doucet-Scott

Rockingham Community Centre
199 Bedford Highway
Halifax, NS B3M 2J9
Phone: (902) 490-4686
Staff: Selina Cajolais

Sackville Seniors' Advisory Council
45 Connolly Road
Lower Sackville, NS B4E 1S6
Phone: (902) 864-5591
Staff: Jackie Cajolais

Sk!lls
NOVA SCOTIA



The Skills and Learning Branch of the Department of Education offers many quality programs and services which may benefit older workers and seniors.

Nova Scotia School for Adult Learning provides an opportunity for adults to improve their literacy and numeracy skills and/or acquire a high school diploma. For more information please call: **902-424-7287**

GED testing service provides an opportunity for adults 19+, and out of school for one year to acquire a high school equivalency certificate. For more information please call: **902-424-4227**

Apprenticeship provides training to employed Nova Scotians who want to obtain a Certificate of Qualification in their trade. For more information please call: **902-424-5651** or **1-800-494-5651**

Workplace Education provides an opportunity for employees to improve essential skills at work. For more information please call: **902-424-0492**

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NOVA SCOTIA
Education

Spencer House
5596 Morris Street
Halifax, NS B3J 1C2

Phone: (902) 421-6131
Staff: Deborah Dostal

Spryfield Senior Centre
16 Denith Road, Box 41
Halifax, NS B3R 2H9

Phone: (902) 477-5678
President: Charlie Martin

Cape Breton Region

Louisbourg Fortress Club
7394 Main Street
Louisbourg, NS B1C 1P5

Phone: (902) 733-2041
Contact: Iris Stevens

Steelworkers and Sydney Pensioners Club
30 Inglis Street
Sydney, NS B1P 6H2

Phone: (902) 539-8000

North Shore Region

Club 60
PO Box 1012
Antigonish, NS B2G 2L3

Phone: (902) 863-3649

Greenfield Oldsters
Melrose
Guysborough County, NS B0H 1E0

Phone: (902) 833-2524
Contact: Alice Sutherland

Pictou County
New Horizons Seniors' Centre
Front Street (Old Train Station)
Pictou, NS B0K 1H0

Phone: (902) 485-5538
President: Thomas E. Dort

Truro VON Adult Day Program
Johnson Manor
30 Duke Street, Suite 5
Truro, NS B2N 2A2

Phone: (902) 893-3803
Contact: Mona Teed

Valley View Villa Seniors Outreach
RR#1, Stellarton, NS B0K 1S0

Phone: (902) 752-8400
Staff: Sharon Purvis

Valley Region

Berwick and Area Senior Citizens' Centre
Main Street
Berwick, NS B0P 1E0

Phone: (902) 538-7246

L.A.M.P.
PO Box 427
Windsor, NS B0N 2T0

Phone: (902) 798-4913
Contact: Vivian MacMillan

South Shore Region

Bridgewater Senior Citizens' Club
123A Empire Avenue
Bridgewater, NS B4V 2L9

Phone: (902) 543-7916
Contact: Herbert Ritcey

Loyalist Senior Club
Mowatt Street North
Shelburne, NS B0T 1W0

Phone: (902) 875-3998
Contact: Phyllis Seaboyer

Sunnyside Senior Centre
RR#3, Chester Basin, NS B0J 1K0

Phone: (902) 275-4074
Contact: Shirley Morrison

Western Region

Bear River New Horizons Centre
Bear River, NS B0S 1B0
Phone: (902) 467-3025
Contact: Thelma Buckler

Freeport Super Seniors
Freeport, Digby County, NS B0V 1B0
Phone: (902) 839-2974
Contact: Gertrude Thurber

Les Femmes Acadienne de Clare
PO Box 31
Saulnierville, NS B0W 2Z0
Phone: (902) 769-2471
Contact: Edith Comeau-Tufts

Nouveaux Horizons de la Baronnie
Fire Hall
West Pubnico, NS B0W 2M0
Phone: (902) 762-2452
Contact: Lucille M. T. D'Entrement

Tiverton Super Seniors
Tiverton
Long Island, NS B0V 1G0
Phone: (902) 839-2738
Contact: Bertha Ruggles

Westport Super Seniors
Westport, Brier Island, NS B0V 1H0
Phone: (902) 839-2052
Contact: Connie Bisson

Yarmouth Golden Age Club
14 Second Street
c/o 2-67 Pleasant Street
Yarmouth, NS B5A 2T3
Phone: (902) 742-2925
Contact: Mary Power

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Other Nova Scotia Seniors' Organizations

Community Links

Community Links is a provincial voluntary organization with a membership of 190 mainly senior and senior serving organizations. It works to promote healthy communities and to improve the quality of life for seniors and others in rural Nova Scotia through community development and volunteer action. Current projects include: Preventing Falls Together; the Rural Volunteers Project; and Rural Seniors Influencing Policy on Transportation. It is also the co-host, with Recreation Nova Scotia, for the Nova Scotia Network of the Canada Volunteerism Initiative.

For more information, contact:
Sandra Murphy, Provincial Coordinator
PO Box 29103
Halifax, NS B3L 4T8
Phone: (902) 454-8141
E-mail: communitylinks@hfx.eastlink.ca
Website: www.nscommunitylinks.ca

Grandparents' Rights for Nova Scotia Association

This association is committed to raising public awareness about the important issue of grandparents rights and creating widespread support for the relationship between children and grandparents, to make the life cycle complete.

For more information, contact:
Pauline Glenn, President
RR2, Malagash, NS B0K 1E0
Phone: (902) 257-2974

Italian-Canadian Golden Age Senior Group

This group meets socially on a weekly basis and focuses on organizing recreational, cultural, and fund-raising activities at the Italian-Canadian Cultural Association of Nova Scotia Centre in Halifax.

Throughout the year members and guests have the opportunity to attend presentations on various topics such as health issues, social benefits, literacy/computers, and investment planning.

For more information, contact:
Italian-Canadian Cultural Association
of Nova Scotia
2629 Agricola Street
PO Box 9044, Station A
Halifax, NS B3K 5M7
Phone: (902) 453-5327
e-mail: icca@eastlink.ca

Indo-Canadian Senior Group of Nova Scotia

This group teaches skills, fitness and languages, and organizes recreational, cultural, and fund-raising activities. You can attend presentations on a variety of topics including health issues, investments, insurance, estate planning, literacy, social benefits, exercise, and meditation. The group meets regularly in Bloomfield Centre, Halifax.

For more information, contact:
Dr. Inder N. Bhatia
100-61, Nelson's Landing Boulevard
Bedford, NS B4A 3X3
Phone: (902) 835-2457

or
Merrie Mills, Secretary
C509, 5561 Heatherwood Court
Halifax, NS B3K 5M7
Phone: (902) 454-7213

Nova Scotia Centre on Aging, Mount Saint Vincent University

The Centre provides education, research, and outreach in the field of aging. One of its focus areas is caregiving to family members. You can also use the Caregiver Resource Library, located at the Centre, on Tuesday and Thursday afternoons from 1:00 pm – 4:30 pm.

For more information, contact:
Cathy Crouse, Executive Director
Nova Scotia Centre on Aging
Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6
Phone: (902) 457-6546
Website: www.msvu.ca

Dr. F.R. MacKinnon Endowment Fund

This fund, associated with the Centre on Aging, is dedicated to establishing standards of excellence in age-related issues. Projects funded include: research, continuing education, community outreach, and consultation.

Contributions are accepted as charitable donations. To contribute to the fund, please make your cheque payable to Mount Saint Vincent University, and send it to:

Dr. F. R. MacKinnon Endowment Fund
c/o Development Office
Mount Saint Vincent University
Halifax, NS B3M 2J6

For more information, contact:
Phone: (902) 457-6546

Preventing Falls Together

This year, one in three seniors will suffer a fall and more than half of those seniors will fall more than once.

Are you safe from falls in your home and community?

A program of Community Links
For more information phone 902-576-2420
fallsprevention@eastlink.ca

NOVA SCOTIA
Health Promotion

Special Recognition for Seniors

Congratulatory Messages

The Nova Scotia government's Protocol Office offers a congratulatory message service from the Premier of Nova Scotia to Nova Scotians celebrating 25+ anniversaries and 65+ birthdays, in five year intervals. The Protocol Office will also, if requested, contact the following offices:

- The Queen
  (60th anniversaries, 100th birthdays only)
- Governor General
  (90+ birthdays, 50+ anniversaries)
- Prime Minister
- Lieutenant Governor
  (80+ birthdays, 50+ anniversaries)
- Member of Parliament
- Member of the Legislative Assembly

Requests should be submitted at least six weeks in advance of the celebration, with the exception of the Queen, who requires eight weeks advance notice. Her office also requires proof of age or marriage.

For more information, contact:
Certificate Coordinator
Protocol Office, One Government Place
1700 Granville Street
Halifax, NS B3J 2Y3

Phone: (902) 424-4463
Website: www.gov.ns.ca/prot

Order of Nova Scotia

The Order of Nova Scotia is the highest honour of the Province of Nova Scotia. Members of the Order are entitled to use the initials O.N.S. after their names. Established in 2002, the award encourages excellence by recognizing Nova Scotians for outstanding contributions or achievements. If you know someone who has made an outstanding contribution to the cultural life or the social or economic well-being of our province, you should consider nominating him or her for the Order of Nova Scotia. The Protocol Office accepts nominations throughout the year and the deadline for consideration is the third Friday in March.

For more information, contact:
Protocol Office, One Government Place
1700 Granville Street
Halifax, NS B3J 1X5

Phone: (902) 424-4463
E-mail: orderofns@gov.ns.ca
Website: www.gov.ns.ca/prot

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Remarkable Senior Awards

The Remarkable Senior Awards are presented annually at the 50+ Expo. You can nominate an individual aged 50+ who has made an outstanding contribution to the province of Nova Scotia in the areas of either Community Service, Volunteerism, or Leadership. The awards will be presented on Saturday, June 11th, 2005, at Exhibition Park in Halifax.

A remarkable male and female will win in each category and nominations of husband and wife teams are accepted. The Secretariat accepts nominations throughout the year and forms are available from the office. The nomination deadline is April 8th, 2005.

For more information, contact:
Senior Citizens' Secretariat
(See page 13 for contact information)

Federal Government: Aging and Seniors

Division of Aging and Seniors, Public Health Agency of Canada

The Division of Aging and Seniors acts as a central point for information at the federal government level, providing expertise, research and publications on issues related to healthy aging in collaboration with partners and stakeholders. The Division serves as Secretariat for the National Advisory Council on Aging.

For more information, contact:
Division of Aging and Seniors
Public Health Agency of Canada
Address Locator 1908A1
Ottawa, ON K1A 1B4

Phone: (613) 952-7606
E-mail: seniors@hc-sc.gc.ca seniors@phac-aspc.gc.ca
Website: www.hc-sc.gc.ca/seniors-aines
www.phac-aspc.gc.ca/seniors-aines

National Advisory Council on Aging (NACA)

NACA assists and advises the federal Minister of Health on issues related to aging and the quality of life of seniors. It publishes reports and a quarterly bulletin, *Expression*, on issues of general interest to Canadian seniors. NACA members are appointed for two or three-year terms.

For more information, contact:
National Advisory Council on Aging
Address Locator 1908A1
Ottawa, ON K1A 1B4

Phone: (613) 957-1968
E-mail: seniors@hc-sc.gc.ca
Website: www.naca.ca

or
Mary Cooley
NACA Representative, Nova Scotia
7165 Quinpool Road, #401
Halifax, NS B3L 1C7

Phone: (902) 454-8996
E-mail: mary.cooley@ns.sympatico.ca

Public Health Agency of Canada

The agency's Population Health Fund supports projects aimed at maintaining and improving the health of Canadians. The Fund was created to increase community capacity for action on or across the determinants of health. Time limited projects facilitate joint planning and coordinated actions among voluntary organizations, service providers, governments, and the private sector to improve population health.

For more information, contact:
Population and Public Health
Public Health Agency of Canada
Atlantic Region
1505 Barrington Street, Suite 1525
Halifax, NS B3J 3Y6
Phone: (902) 426-1536

Website: www.pph-atlantic.ca
www.phacaspc.gc.ca/canada/regions/atlantic/

New Horizons for Seniors

This program, launched by Social Development Canada in October 2004, provides funding for community-based projects across Canada. It supports local projects that help seniors participate in social activities, pursue an active life, and contribute to their communities. The program empowers seniors to lead activities and projects that will benefit other seniors, vulnerable groups, and the community where they live.

Calls for Applications are issued once or twice a year. Application deadlines may vary for each province and territory. Community-based organizations working together with seniors and other partners will inspire and run most New Horizons for Seniors projects. To be funded, projects must demonstrate community support and partnership.

Social Development Canada will issue a call for applications. Deadlines will be announced publicly on the Department's website.

For more information, contact:

By phone:
New Horizons for Seniors Program
Toll-free (*English*): 1-800-277-9914
Sans frais (*Français*): 1-800-277-9915
TTY: 1-800 255-4786
Website: www.sdc.gc.ca

By mail:
Nova Scotia New Horizons for Seniors Program
Social Development Canada
Metropolitan Place, 6th Floor
99 Wyse Road, PO Box 1350
Dartmouth NS B2Y 4B9

By e-mail:
From this website:
English: www.sdc.gc.ca/asp/contact/contact_us.asp#E_mail
Français: www.sdc.gc.ca/

Seniors' Guide to Federal Programs and Services

This directory provides seniors with information on federal programs and services. To obtain a copy, contact the Division of Aging and Seniors (see contact information above), or call:

Toll-free: 1-800-O-Canada
1-800-622-6232
Website: www.canada.gc.ca

National Seniors' Organizations

Canadian Association on Gerontology (CAG)

CAG is a national, multi disciplinary, scientific, and educational association established to provide leadership in matters related to the aging population. Its mission is to seek to improve the lives of older Canadians through the creation and dissemination of knowledge in gerontological policy, research, practice, research and education.

For more information, contact:
Canadian Association on Gerontology
329 March Road, Suite 232, Box 11
Ottawa, ON K2K 2E1

Congress of National Seniors' Organizations

The Congress consists of 11 major organizations representing seniors across Canada. It meets regularly to promote dialogue between seniors groups and governments on aging issues. The Congress has a working partnership with Public Health Canada's Division of Aging and Seniors and is also establishing contacts with the new Department of Social Development. Congress members include:

- Alliance des associations des retraités et des aînés du Québec
- Assemblée des Aînés et des Aînées francophones du Canada
- Association québécoise de défense des droits des personnes retraitées et préretraitées
- Canadian Association of Retired Teachers
- Canadian Association on Gerontology
- Canadian Pensioners Concerned
- Congress of Union Retirees
- Federal Superannuates National Association
- Fédération de l'âge d'Or du Québec
- National Advisory Council on Aging
- National Pensioners and Senior Citizens Federation

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For more information, contact:
Jean-Guy Soulière, Chair
c/o Federal Superannuates National Association
1052 St. Laurent Boulevard
Ottawa, ON K1K 3B4
Phone: (613) 745-2559
E-mail: souliere@fsna.com

Information and Referral

Seniors' Information Services

Chebucto Links
(Halifax)

This organization provides information on programs and services for seniors in Halifax.

For more information, contact:
Phone: (902) 422-3525

Help-line/ Outreach Seniors' Infoline
(Pictou County)

Pictou County seniors in need may call this information line located at Valley View Villa, Monday to Friday, 9:00 am – 2:00 pm. Calls received after hours are answered by a recorded message and will be returned during regular hours.

For more information, contact:
Phone: (902) 752-8400

A regular pap test could save your life!

Seniors' Info Line

(VON Greater Halifax)

Information on programs and services for seniors in the Halifax Regional Municipality is available Monday to Friday, 9:00 am – 4:00 pm.

For more information, contact:
Phone: (902) 454-5755
TDD: (902) 454-6696
E-mail: seniorinfoline@vonhalifax.ns.ca

Seniors' Info Line

(VON Lunenburg)

Information and referral services for seniors and their families living in Lunenburg County is available Monday to Friday, 9:00 am – 4:00 pm.

For more information, contact:
Phone: (902) 624-0318

Seniors' Information Line

(Senior Citizens' Secretariat)

To obtain information on programs and services for seniors or to discuss any concerns you may have, call the Senior Citizens' Secretariat from anywhere in Nova Scotia, at no charge. The line operates Monday to Friday, from 8:30 am – 4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

For more information, contact:
Phone: (902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Seniors Policies and Programs Database

A country-wide website that has been developed to assist with valuable and reliable information on programs and policies related to the well-being of seniors.

Website: www.sppd.gc.ca

At Your Service

Website: www.atyourservice.ca

This website, sponsored by Service Nova Scotia and Municipal Relations, contains general and seniors' information.

Shelburne Seniors' Infoline

This information line is located at the Regional Development Agency (RDA) office in Barrington.

For more information, contact:
Phone: (902) 637-2667
Toll-free: 1-800-565-0397

Sydney Seniors' Infoline

Seniors in the Sydney area may call this information line with questions about local programs and services.

For more information, contact:
Phone: (902) 562-1245
E-mail: sydneyvolunteers@ns.sympatico.ca
Website: www.newdawn.ca

Help Lines

The following help lines are lay-counselling, information, and referral telephone services. The lines are staffed by trained community volunteers and the services are strictly confidential.

Eastern Regional Help Line

6:00 pm – 12:00 am
Phone: (902) 562-4357
Toll-free: 1-800-957-9995

Metro Help Line

(Metro Halifax)

7 days a week, 24 hours a day
Phone (Voice or TDD): (902) 421-1188

Problem Gambling Help Line

Counsellors are trained to provide immediate support, advice, information, assessment and telephone counselling seven days a week, 24 hours a day. Please call:

Toll Free: 1-888-347-8888
TTY: 1-888-347-3331

Provincial Government Information

Public Enquiries

When you want to know more about provincial government services, programs, and initiatives, contact Public Enquiries.

For more information, contact:
Public Enquiries
Service Nova Scotia and Municipal Relations

Phone: (902) 424-5200
Toll-free: 1-800-670-4357
E-mail: askus@gov.ns.ca
Website: www.gov.ns.ca/snsmr/contact

Seniors' Information Line

Contact the Nova Scotia Senior Citizens' Secretariat for information on programs and services for seniors.

Toll-free: 1-800-670-0065

Federal Government Information

General Enquiries

When you need information about federal programs and services, new initiatives, or information products, call toll-free or visit the website. This is your primary access point to the Government of Canada.

For more information, contact:
Toll-free: 1-800-O-Canada
1-800-622-6232
Website: www.canada.gc.ca

Resources for Newcomer Seniors

Metropolitan Immigrant Settlement Association (MISA)

MISA is a community-based settlement agency which welcomes newcomers and recognizes their essential role in Canada. MISA provides a full range of programs and services to newcomers, particularly landed immigrants or government assisted refugees. However, all newcomers are eligible for initial contact and referral services.

For more information, contact:
Chebucto Place
7105 Chebucto Road, Suite 201
Halifax, NS B3L 4W8

Phone: (902) 423-3607
E-mail: info@misa.ns.ca
Website: www.misa.ns.ca

YMCA Newcomers Centre

The YMCA of Greater Halifax/Dartmouth offers various programs for youth, adults, and families who are new to Canada. The goal of the centre is to create an inclusive environment to serve our diverse community.

For more information, contact:
3663 Dutch Village Road
Halifax, NS B3N 2T1

Phone: (902) 457-9622
Website: www.ymcahrm.ns.ca

Resources for Senior Women

Nova Scotia Advisory Council on the Status of Women

The Council advises the Minister Responsible for the Status of Women and brings forward women's concerns. It works to advance equality, fairness, and dignity for all women. The Council also provides research and policy advice, information and education, and community and partnership development. An electronic news update, *NewsBytes* is sent by e-mail, to subscribers (free) approximately twice a month. For subscription information, see:
www.gov.ns.ca/staw/newsbytes.htm

You are welcome to visit the Council's resource centre. It is open to the public Tuesday to Friday, 12:00 pm – 4:00 pm.

For more information, contact:
Quinpool Centre, Suite 202
6169 Quinpool Road, PO Box 745
Halifax, NS B3J 2T3

Phone: (902) 424-8662
Toll-free: 1-800-565-8662
E-mail: nsacw@gov.ca
Website: www.gov.ns.ca/staw/

Resources for Seniors with Disabilities

Access to Travel

This website provides information on accessible transportation and travel across Canada with the aim of making accessible travel easy and enjoyable. The site is sponsored by Transport Canada in partnership with provincial governments and not-for-profit associations.

Website: www.accesstotravel.gc.ca

Accessible Transportation

Transportation services available to seniors with disabilities in Nova Scotia are listed in the transportation section. See page 52 for more information.

Canadian National Institute for the Blind (CNIB)

The CNIB works with people whose vision loss is significantly interfering with their quality of life and cannot be corrected with ordinary lenses. The services are provided free of charge throughout Nova Scotia. Contact the CNIB for more information about its low vision technical aids, library, counselling, independent living and traveling, and volunteer services.

For more information, contact:
Mainland Service Centre
6136 Almon Street
Halifax, NS B3K 1T8

Phone: (902) 453-1480
Toll-free: 1-800-565-5147
Website: www.cnib.ca

or

Sydney Service Centre
235 Townsend Street
Sydney, NS B1P 5E7

Phone: (902) 564-5711
Toll-free: 1-877-674-7240

Did You Know?

Nova Scotia has the highest proportion of seniors in Atlantic Canada, and the third highest in the country, behind Saskatchewan and Manitoba.

Canadian Paraplegic Association

This organization helps people with spinal cord injuries and other mobility disabilities to achieve independence, self-reliance, and full community participation.

For more information, contact:
Marilyn Taylor, Executive Assistant
Canadian Paraplegic Association (Nova Scotia)
Suite S21, West End Mall
6960 Mumford Road
Halifax, NS B3L 4P1

Phone: (902) 423-1277 ext. 101
E-mail: halifax@canparaplegic.org
Website: www.canparaplegic.org/ns

or

Sydney Office
165 Townsend Street
Sydney, NS B1P 5E4

Phone: (902) 562-3291
E-mail: sydney@canparaplegic.org

Community ACCESS-ability Program

Grants to improve access to community facilities for persons with disabilities are provided by Service Nova Scotia and Municipal Relations. Up to two-thirds of the direct and indirect costs of renovations, installations, or equipment for accessibility-related capital improvements, to a maximum of $10,000 is available. Projects funded to date include wheelchair ramps and lifts, automatic doors, and accessible washrooms. Proposals for ACCESS-ability grants are welcome from non-profit community groups and municipalities. Forms are available on-line or from the contact person below.

For more information, contact:
Karen Ramsland
Phone: (902) 424-7798
E-mail: kramslan@gov.ns.ca
Website: ww.gov.ns.ca/snsmr/muns/infr

Disabled Persons Commission

The Commission helps to ensure that the concerns of Nova Scotians with disabilities are promoted and considered. The Commission reviews government policies and programs relating to or affecting people with disabilities to make sure these policies and programs are appropriate, effective, and reflect the needs and concerns of the community.

For more information, contact:
Nelson Place, 8th Floor
5675 Spring Garden Road
PO Box 222
Halifax, NS B3J 2M4

Phone: (902) 424-8280
TTY: (902) 424-2667
Toll-free: 1-877-996-9954
Website: www.gov.ns.ca/disa

Accessible Parking, License Plates, and Permits

To ensure those needing to park close to buildings due to mobility impairments can do so, Service Nova Scotia and Municipal Relations, through its Registry of Motor Vehicles, distributes accessible parking plates and permits to qualified individuals. There is no charge associated with a Permanent or Temporary Accessible Parking Permit which is displayed on the rearview mirror. Regular registration fees must be paid in order to place a license plate on your car and the applicant must be the plate owner and principal operator of the vehicle.

For more information, contact:
Phone (Halifax): (902) 424-5851|
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv/registration/mobility.asp

Special Needs of Deaf Seniors

Northwoodcare Inc. has a unique living environment designed especially for deaf seniors. Special services include a newly renovated floor with visual signals, closed captioning, TTY telephones, and time-released appliances. Staff are trained in sign language and deaf culture. This residence offers companionship and a relief from isolation that the deaf so often experience.

Independent-living apartments and personal-care suites, for those who need help with daily living, are available. Residents can participate in the many programs and services offered at Northwood. Signing volunteers are available to help residents take part in scheduled activities.

For more information, contact:
Northwood Resident Services
Phone: (902) 454-3356
Website: www.nwood.ns.ca

Nova Scotia Hearing and Speech Centres

These centres offer help to people with hearing problems or difficulties with speaking, understanding speech and communicating in their own language.

For more information, contact:
Provincial Center
5657 Spring Garden Road
Suite 401, Box 120
Halifax, NS B3J 3R4

Phone: (902) 423-7357
E-mail: mtotten@nshsc.ns.ca
Website: www.nshsc.ns.ca

Locations

Amherst: (902) 667-1141
Antigonish: (902) 867-4197
Bridgewater: (902) 543-4604 ext. 2248
Dartmouth: (902) 464-3084
Digby: (902) 245-2501 ext. 265
Evanston: (902) 625-3100 ext. 257
Glace Bay: (902) 842-2868
Halifax: (902) 423-7354
Kentville: (902) 679-2657 ext. 1400
Liverpool: (902) 354-3436 ext. 246
Lower Sackville: (902) 869-6150
Middleton: (902) 825-6160 ext. 233
Musquodoboit Harbour: (902) 889-4117
New Glasgow: (902) 752-7600 ext. 2520
Pictou: (902) 485-2318
Sheet Harbour: (902) 885-3628
Shelburne: (902) 875-3011 ext. 269
Springhill: (902) 597-3773
Sydney: (902) 567-7221
Sydney Mines: (902) 736-2831 ext. 146
Truro: (902) 893-5512
Waterville: (902) 538-3103 ext. 156
Windsor: (902) 792-2084
Yarmouth: (902) 742-3542 ext. 364

Society of Deaf and Hard of Hearing Nova Scotians

The Society develops and manages coordinated support services that enable deaf and hard of hearing people to fully utilize public and community services. Information and referral, and employment counselling services are available. Assistive devices may be borrowed or purchased. The Society is also responsible for

the administration of the Interpreter Service for the Deaf.

For more information, contact:
Roy Building
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1

Phone (*Voice/TTY*): 422-7130
E-mail: sdhhns@ns.sympatico.ca

or

Cape Breton Branch
56 Nepean Street
Sydney, NS B1P 6A8
Phone (Voice/TTY/Fax): (902) 564-0003

Active Living, Recreation and Sport

Sport and Recreation

Nova Scotia Sport and Recreation Division

This division of the Office of Health Promotion provides an important link between healthy lifestyles and physical activity. Its six regional representatives provide services and assistance to the individuals, municipalities, and partner organizations that provide Nova Scotians with opportunities to participate in recreation activities.

Recreation Facility Development Grants help community organizations renovate or build recreation facilities for community use, while **Community Development Grants** support local seniors' games and help establish new programs. The new **Physical Activity Grants** are available to organizations to create or expand on opportunities to help Nova Scotians be physically active.

For more information, contact:
Office of Health Promotion
Sport and Recreation
5516 Spring Garden Road, 2nd Floor
PO Box 864
Halifax, NS B3J 2V2

Phone: (902) 424-7512
Toll-free: 1-866-231-3882
E-mail: srcinquiries@gov.ns.ca

Did You Know?

8,600 Nova Scotians will celebrate their 65th birthday in 2005.

Nursing Homes

High-Crest Springhill
Springhill, N.S. 597-2797
Administrator - Conrad LeBlanc

High-Crest Sherbrooke
Sherbrooke, N.S. 522-2147
Administrator - Marion Carroll

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Residential Care Facility
New Glasgow, N.S.
755-9559

Seniors Residential Care Facilities

Highland Crest Home
Antigonish, N.S. 863-3855
Administrator - Mary Beaver

Sunset Haven Home
New Glasgow, N.S. 752-3461
Administrator - Michele Gammon

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Regional Offices: Sport and Recreation

Cape Breton
Colleen Chisholm
380 Kings Road
Sydney, NS B1S 1A8

Phone: (902) 563-2380
E-mail: chishoco@gov.ns.ca

Central
Carol Davis-Jamieson
PO Box 864, Halifax, NS B3J 2V2

Phone: (902) 424-7622
E-mail: davisjcm@gov.ns.ca

Fundy
Linda Atkinson
90 Research Drive, Suite 122
Truro, NS B2N 6Z4

Phone: (902) 893-6215
E-mail: atkinslm@gov.ns.ca

Highland
Gerard MacIsaac
20 St. Andrews Street
Antigonish, NS B2G 2H1

Phone:(902) 863-7380
E-mail:macisagx@gov.ns.ca

South Shore
Debby Smith
99 High Street, Suite 200
Bridgewater, NS B4V 1V8

Phone: (902) 543-5000
E-mail: smithde@gov.ns.ca

Valley
Mike Trinacty
28 Aberdeen Avenue, Suite 2
Kentville, NS B4N 2N1

Phone: (902) 679-4390
E-mail: trinacme@gov.ns.ca

Recreation Nova Scotia (RNS)

This organization promotes the health benefits of recreation for all Nova Scotians and their communities. Programs and services include an annual conference, liability insurance programs, volunteer and leadership training programs, provincial volunteer week activities, fundraising opportunities, and publications.

For more information, contact:
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6

Phone: (902) 425-1128
E-mail: rns@sportsns.ns.ca
Website: www.recreationns.ns.ca

Municipal Recreation Contacts

Most municipal units in Nova Scotia have recreation commissions with a commission chairperson and one or more staff. Contact the following people for information on recreation activities for seniors.

Cape Breton Region

Cape Breton Municipality
Fred Brooks: (902) 563-5514

Inverness County (Port Hood)
John Cotton: (902) 787-2274

Port Hawkesbury
Jim Pyke: (902) 625-2591

Richmond County/Arichat
Clifford Boudreau: (902) 226-2400

Victoria County (Baddeck)
Tom Wilson: (902) 295-3231

Highland Region

Antigonish County
Marlene Melanson: (902) 863-1141

Antigonish Town
Trisha Cameron: (902) 863-3686

District of Guysborough
Phil M. Hochman: (902) 533-3508

Canso
Carla Roberts: (902) 366-2525

Mulgrave
Tanya Tibbo: (902) 747-2243

Pictou County
Cindy Fraser: (902) 485-8528

New Glasgow
Robin MacLean: (902) 755-8363

Pictou
Rae Gunn: (902) 485-6057

Stellarton
David Hood: (902) 752-8944

Trenton
Martin Bates: (902) 752-1019

Truro
Doug MacKenzie: (902) 895-4484

Municipality of St. Mary's
Steven Porter: (902) 522-2598

Fundy Region

Amherst
Dwight Jones: (902) 667-9557

Springhill
Pamela Adams: (902) 597-3751

Colchester County
Sue Burley: (902) 897-3155

Bible Hill
Julee MacAfee: (902) 893-8083

Parrsboro
Contact: (902) 254-2036

District of East Hants
David Brown: (902) 758-2715

Central Region

Halifax Regional Municipality
Robert Nauss: (902) 490-4910
Peggy Allen: (902) 876-4354

Valley Region

Annapolis County
Debra Ryan: (902) 532-3139

Annapolis Royal
Grant Potter: (902) 532-7667

Bridgetown
Bob Powell: (902) 665-2938

Canning
Pam Tracz: (902) 582-2033

Middleton
Susan MacDonald: (902) 825-5500

Kings County
Bob Suffron: (902) 690-6153
Bruce MacArthur: (902) 690-6124

Berwick
Craig Burgess:(902) 538-4016

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Fax: (902) 463-0537

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Coldbrook
John Bedard: (902) 678-4168

Greenwood
Fred Williams: (902) 765-1494
Jill Jackson: (902) 765-1494

Hantsport
Tim Lynch: (902) 684-3200

Kentville
Mark Phillips: (902) 679-2541

Kingston
Chris Forster: (902) 679-2541

New Minas
Jennifer Coolen: (902) 681-6577

Wolfville
Andrew Fry: (902) 542-2400

District of West Hants
Kathy Kehoe: (902) 798-8391

Windsor
Janet Landry: (902) 798-0696

Digby (District of Clare)
Joanne LaMarche: (902) 769-2031

District of Digby
Larry Williams: (902) 245-5006

South Shore Region

Yarmouth (District of Argyle)
Frank Grant: (902) 648-3379

Yarmouth
Peter McCracken: (902) 742-8868

District of Barrington
Ray Green: (902) 637-3621

Clark's Harbour
Anna Kenney: (902) 745-0226

Shelburne Municipality
Marilyn Johnston: (902) 875-3544

Town of Shelburne
Jerry Locke: (902) 875-3873

Lockeport
Frances Scott: (902) 656-2216

Queens (Queens Municipality)
Norman Amirault: (902) 354-5741

Lunenburg Municipality
Carroll Randall: (902) 543-1354

Town of Lunenburg
Robin Scott: (902) 634-4006

Lunenburg (Chester)
Trudy Payne: (902) 275-3490

Bridgewater
Carol Pickings-Anthony: (902) 543-2274

Mahone Bay
Derrick MacKenzie: (902) 624-9859

Sport Nova Scotia (SNS)

SNS represents 63 provincial sport organizations and over 160,000 registered sport participants. Many sport organizations support activities for older adults, sometimes referring to them as "masters" programs. SNS can connect you with various sport organizations to determine if programs geared to older adults are available in your area.

For more information, contact:
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6

Phone: (902) 425-5450
E-mail: sportns@sportns.ns.ca
Website: www.sportnovascotia.ca

Dance Nova Scotia

Dance Nova Scotia is the provincial umbrella organization for all forms of dance.

For more information, contact:
1113 Marginal Road
Halifax, NS B3H 4P7

Phone: (902) 422-1749
E-mail: dans@eastlink.ca

Nova Scotia Department of Natural Resources

Provincial Parks: Seniors may stay at a reduced rate in parks with overnight camping facilities. A brochure is available which lists all of the provincial parks, including those that are wheelchair accessible.

Firearms Hunting Certificates: These are issued free to seniors.

Hunting: Resident seniors may acquire a deer, small game, or deer bowhunting stamp for free. They are required to purchase the $2 Wildlife Habitat Stamp.

For more information, contact:
PO Box 698
Halifax, NS B3J 2T9
Phone: (902) 424-5935

Nova Scotia Department of Agriculture and Fisheries

Fishing Licences: General sport fishing licenses are sold to seniors at a reduced rate. Salmon fishing is regulated by the federal government and seniors are required to purchase a licence for that sport.

For more information, contact:
Department of Agriculture and Fisheries
Bank of Montreal Building, 7th Floor
5151 George Street
Halifax, NS B3J 3C4
Phone: (902) 424-8963
Website: www.gov.ns.ca/nsaf

Did You Know?

Two-thirds of older adults are not active enough to enjoy health benefits.

Active Living

Active Living Coalition for Older Adults (ALCOA)

ALCOA is a national partnership of organizations with an interest in the field of aging and active living. ALCOA encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activities.

For more information, contact:
33 Laird Drive
Toronto, ON M4G 3S9
Phone: (416) 423-2163
Toll-free: 1-800-549 9799
E-mail: alcoa@ca.inter.net
Website: www.alcoa.ca

Nova Scotia 55+ Games Society

The Society was formed in November of 2003 to promote the participation of Nova Scotia seniors in recreational, sporting, cultural, creative and social activities throughout the province. The first ever Nova Scotia 55+ Games will be held in Cornwallis Park, the Annapolis Valley, from September 28 to October 1, 2005. Representatives are needed from Cape Breton, the Highlands, the South Shore and HRM. Those interested can contact Peter Nordland.

For more information, contact:

Peter Nordland, President
277 Spinnaker Drive, PO Box 235
Cornwallis Park, NS B0S 1H0
Phone: (902) 638-8009
Fax: 638-3090
E-mail: nordland@ns.sympatico.ca

Vivian Wright, Vice President
1148 West Clementsport Road, PO Box 17
Clementsport, NS B0S 1E0
Phone: (902) 638-8068

Leona Grant, Secretary
RR#1
Granville Ferry, NS B0S 1K0
Phone: (902) 532-2664
E-mail: freelee@auracom.com

Larry Armstrong, Treasurer
75 Pleasant Street
Truro, NS B2N 3R9
Phone: (902) 895-5224
E-mail: tyra@eastlink.ca

Annapolis Valley
Brad Boyd
334 Brook Street
Cornwallis Park, NS B0S 1H0
Phone: (902) 638-8410
E-mail: bradboyd@ns.sympatico.ca

Clare/Annapolis Valley
Eddie Thimot
PO Box 391
Little Brook, NS B0W 1Z0
Phone: (902) 769-3285

Central HRM
Ken Brown
104-30 Brookdale Crescent
Dartmouth, NS B3A 4T7
Phone: (902) 463-2832
Fax: (902) 463-1175
E-mail: nsfsna@allstream.net

Elmsdale/East Hants
Eileen Borgel
17 Codys Lane
Elmsdale, NS B2S 2A7
Phone: (902) 883-7127
E-mail: cborgel@accesswave.ca

Fundy
Eanis and Marlene Collins
14 Queen Street
Amherst, NS B4H 1P8
Phone: (902) 667-9380
E-mail: elcollins@ns.sympatico.ca

Canadian Senior Games Association (CSGA)

The Association involves seniors in the planning, leadership, and evaluation of the Canada Senior Games. The next Senior Games will be held in Portage la Prairie, Manitoba, from August 28 to September 1, 2006.

The Games provide older adults with an opportunity to enhance their well-being through participation in sporting and recreational events, such as tennis, golf, swimming, curling, horseshoes, pool, card games and scrabble, to name just a few. The host community also has the opportunity to put on cultural events or demonstration activities based on the culture and interest in their region. Such cultural activities might include such events as orienteering, quilting, or painting. If such an activity is common across the country, then it may be included as an event.

For more information, contact:
Valerie White, Executive Director
Senior Citizens' Secretariat
Phone: (902) 424-6322
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca

or
Gary Black, President
Canada Senior Games Association
5004 – 57th Street
Yellowknife, NT X1A 1Y5
Phone: (867) 873-5440
Fax: (867) 873-4924

Dartmouth Volksmarch Club

This active hiking club organizes recreational walks throughout the year for people of all ages. It is a great way to meet new friends for fitness and fun. The walks are planned well in advance. A schedule is available with information on the dates, length, and difficulty of each route.

For more information, contact:
Sue Banks, President
PO Box 28064, Tacoma RPO
Dartmouth, NS B2W 6E2

Phone: (902) 443-0365
E-mail: susan.banks@ns.sympatico.ca
Website: www.dartmouthvolksmarchclub.com

Elderfit (Lunenburg)

This popular aquafit program is offered several times a week at the South Shore Dive Centre in Lunenburg and at the Oak Island Inn, near Oak Island. Both programs provide local seniors and interested others with an opportunity to keep fit and socially active.

For more information, contact:
George McKiel
Phone: (902) 764-2090
E-mail: jgmckiel@bwr.eastlink.ca

or
Martha Saunders
Phone: (902) 688-1128
E-mail: johnmartha@auracom.ca

Elderobics Association of Nova Scotia

Elderobics is a mild exercise program for men and women over age 55, including a warmup, aerobics, muscular strength and endurance, stretching and relaxation. Classes are offered two and three times a week in 13 locations in the Halifax/Dartmouth area.

Elderobics Fitness Instructor Workshop

This workshop trains fitness instructors who are interested in teaching older adults. The workshop is a requirement for the YMCA's specialty certificate in Older Adult Fitness.

For more information, contact:
Elderobics Coordinator
YMCA of Greater Halifax/Dartmouth
Phone: (902) 423-9709 ext. 257

Seniors' Skate Information

There are a variety of adult skating programs in rinks throughout the province beginning as early as October 1. For more information, contact your local recreation department.

Ski Atlantic Seniors' Club

Members receive a ski area pass, for weekdays only, at local ski resorts. Resorts include Ben Eoin, Cape Smokey, Martock, Wentworth, and the New Brunswick areas of Crabbe, Poley and Sugar Loaf Park. If you are a beginner, you can attend group lessons in Alpine skiing. Membership is open to anyone over 55 who has retired from full-time employment, and to anyone 65 or older. Membership fee: $165 per year.

For more information, contact:
Ski Atlantic Seniors' Club
14-4 Westwood Boulevard, Suite 361
Upper Tantallon, NS B3Z 1H3

Phone: (902) 462-0713
E-mail: SASC@chebucto.ns.ca
Website: www.chebucto.ns.ca/sportfit/SASC

Taoist Tai Chi Society

The Society offers Taoist Tai Chi for seniors in various parts of Nova Scotia. With the gentle turning, stretching movements of Tai Chi you can learn to develop balance, flexibility, timing,

muscle tone, co-ordination, concentration, and relaxation. Additionally, the society offers health-recovery classes for those suffering from injuries, strokes, or other health problems. It also has a Taoist Tai Chi set that can be done from a wheelchair.

Contact the society for information about class schedules, fees, and locations around the province.

For more information, contact:
Taoist Tai Chi Society of Canada
Atlantic Region

Phone: (902) 422-8142
E-mail: halifax.ns@ttcs.org
Website: www.taoist.org

Ticker Troop

(Dartmouth)

This group meets twice a week at Mic Mac Mall in Dartmouth. Join them for walking and friendship.

For more information, contact:
Phyllis Vallis
Phone: (902) 462-5011

YMCAs and YWCAs

YMCAs and YWCAs offer a number of healthy lifestyle programs for older adults such as aquafit, seniors swim, 50+ fitness classes, strength training, and yoga. Supervised strength training programs are also available in some locations.

For more information, contact:

YMCA of Cape Breton

399 Charlotte Street
Sydney, NS B1P 1E3

Phone: (902) 539-7880
Fax: (902) 539-3935
Website: www.cbymca.com
E-mail: info@cbymca.com

YMCA of Cumberland

PO Box 552, 92 Church St.
Amherst, NS B4H 4A1

Phone: (902) 667-9112
Website: www.ymcaofcumberland.com
E-mail: cumberland@ymca.ca

YMCA of Greater Halifax/Dartmouth

Administration/Association Services
1565 South Park Street
Halifax, NS B3J 2L2

Phone: (902) 423-9622
Website: www.ymcahrm.ns.ca

South Park YMCA
1565 South Park Street
Halifax, NS B3J 2L2

Phone: (902) 423-9622

Akerley YMCA
21 Woodlawn Road
Dartmouth, NS B2W 2R7

Phone: (902) 469-9622

Community YMCA
2269 Gottingen Street
Halifax, NS B3K 3B7

Phone: (902) 422-9622

YMCA of Lunenburg

416 King Street
Bridgewater, NS B4V 1A9

Phone: (902) 543-9622
Website: www.ymcalunenburgcounty.org

Ross Farm Museum

Re-live your memories of rural Nova Scotia during a visit to historic **Ross Farm Museum**, just 15 minutes from Chester Basin on Route 12 in New Ross (Exit 9 off Highway 103).

Website: http://museum.gov.ns.ca/musdir/rossfarmmuseum.htm

Leisure and Hobbies

Opportunities

Many opportunities to pursue leisure activities and hobbies exist in Nova Scotia. Contact your local recreation department, seniors' centre, club, or council for more information on activities in your area.

Northwood Broadcasting Club (NWBC)

NWBC was launched in 1987. Since then, it has evolved into an important source of information on health issues and leisure opportunities for older adults and provides its audience with a wide variety of easy-listening music.

NWBC is entirely operated by volunteers and reaches listeners throughout Nova Scotia via the Eastlink community channel in your area from 10:00 am – 12:00 pm. You can also listen to a live webcast of the program at www.eastlink.ca.

2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: (toll free): 1-866-229-6922
E-mail: information@nwood.ns.ca
Website: www.nwood.ns.ca

Northwood Players

The Northwood Players are an active, imaginative, and exciting group of seniors who come together to bring music, dancing, acting, and joy to their lives and the lives of others.

For more information, contact:
Shirley Burnstein, Director
Northwood Community Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5

Phone: (902) 454-3351
E-mail: information@nwood.ns.ca
Website: www.nwood.ns.ca

Nova Scotia Seniors' Art and Photo Gallery

If you are over the age of 50 and would like to display your artwork or photos, contact the Senior Citizens' Secretariat for details. All proceeds from the paintings and photos sold go directly to you. The gallery is located in the World Trade and Convention Centre, 1800 Argyle Street, Halifax. It is open whenever the WT&CC is open to the public.

For more information, contact:
Senior Citizens' Secretariat
Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Expositions

50+ Expo: Life Is What You Make It

50+ expo is a special forum for people 50 and over and their families. The expo offers an opportunity to learn about products, programs, and services available in today's marketplace. Shows include: exhibits, entertainment, a hobbies/crafts area, and educational seminars. The next 50+ expo will be held on June 10th and 11th, 2005, at Exhibition Park in Halifax.

For more information, contact:
Valerie White, Chairperson, 50+ expo
Senior Citizens' Secretariat

Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Did You Know?

In 2025, seniors will make up nearly one quarter (23.9%) of Nova Scotia's population

Volunteer Activities

Opportunities

Each year, hundreds of retirees and seniors volunteer countless hours in their communities. If you have an interest in helping others and can spare some time, select from among the many community-based organizations listed in this directory and find out how you can help.

Volunteers . . . the heart of our community.

Provincial Volunteer Awards

Recreation Nova Scotia coordinates the annual Provincial Volunteer Awards Ceremony and Luncheon during National Volunteer Week celebrations. The events serve as a tribute to the voluntary sector and are meant to say thank you to individuals who give so much of their time and talents. Contact Recreation Nova Scotia for details on volunteer recognition resources and gifts such as balloons, lapel pins, mugs, and key chains.

For more information, contact:
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
Phone: (902) 425-1128
E-mail: rns@sportsns.ns.ca
Website: www.recreationns.ns.ca

Sydney Volunteer Resource Centre

The centre serves as a recruitment and referral service for volunteers in Sydney and surrounding areas. It also provides education and training courses on volunteerism to organizations that depend on volunteers to carry out their work.

For more information, contact:
Phone: (902) 562-1245
E-mail: sydneyvolunteers@ns.sympatico.ca
Website: www.newdawn.ca

Travel

Canadian Snowbird Association

This association represents the interests, needs, and concerns of Canadians who travel. Areas of focus include health-care, social interests, and economic concerns. The organization has a powerful voice in defending the rights and privileges of Canadians.

For more information, contact:
Jack Kiuru, Nova Scotia Director
1207-5959 Spring Garden Road
Halifax, NS B3H 1Y5
Phone: (902) 422-2036
Toll-free: 1-800-265-3200
E-mail: Kiurujk@aol.com
Website: www.snowbirds.org

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• Wagons Westward - Ho & Daniel O'Donnell
• Brown Bag & Baseball
• Newfoundland & Labrador
• Circle, Ontario Heritage & Quebec Lawrentians
• Farmers & A Field of Dreams
• Block Island & Long Island
• New York, Mystery Tours
• Ontario Fall Foliage
• Fall Colors in Quebec
• Europe in USA
• Baskets, Buggies & Branson - Daniel O'Donnell
• Branson Holiday Light Tours & Daniel O'Donell
• Alaska 2006
Canadian Funds. Included: all taxes, accommodations, transportation, baggage handling, attractions as listed & more!!! For information & catalogue Call Toll-Free 1-888-577-8687 or 506-466-5760

VISITING HALIFAX/DARTMOUTH
Receive true value with our Seniors Discounts and experience the comfort of our bright, spacious, air-conditioned rooms. Enjoy the convenience of your own kitchenette Elevator equipped, free local calls, free parking and complimentary continental breakfast, plus in-room coffee or tea.
Group rates available
Located minutes from most attractions in Halifax/Dartmouth
Coastal Inn Concorde
379 Windmill Rd., Dartmouth 465-7777
1-800-565-1565

Customs Information

If you plan to travel outside Canada and require customs information, contact the Canada Border Services Agency.

For more information, contact:
Toll-free: 1-800-461-9999
Toll-free TDD: 1-800-267-0825
Website: www.ccra-adrc.gc.ca

Passports

Application forms are available at the Passport Office, Canada Post outlets, travel agencies, or on the Internet at www.ppt.gc.ca.

For more information, contact:
Passport Office
Department of Foreign Affairs and International Trade
1505 Barrington Street, Suite 1508
Maritime Centre Building
Halifax, NS B3J 3K5
Toll-free: 1-800-567-6868
Toll-free TTY: 1-866-255-7655
Website: www.ppt.gc.ca

This fall, get your flu shot!

Did You Know?

Cancer of the cervix can be prevented.

A regular pap test could save your life!

Senior Citizens' Secretariat
is happy to announce
the date and location for its

16th Annual 50+ expo

50+expo

Life is What You Make It!

Date: **Friday, June 10, 2005** 9:00 am – 6:00 pm
8:00 pm – Midnight (Dance)
Saturday, June 11, 2005 9:00 am – 6:00 pm

Location: **Exhibition Park, Halifax**
Free Parking and Everything on One Convenient Level

Cost: **Expo** - $5 per day
Dance - $10

For more information, view the expo website:
www.50plusexpo.ns.ca or call us **toll-free: 1-800-670-0065**

Life-Long Learning Opportunities

Libraries

Alzheimer Resource Library

The library is a service of the Alzheimer Society of Nova Scotia. *Hours*: Monday to Thursday, 8:30 am – 4:30 pm and Friday 8:30 am – 4:00 pm.

For more information, contact:
Phone: (902) 422-7961

Caregiver Resource Library
(Nova Scotia Centre on Aging)

This lending library is located in the Nova Scotia Centre on Aging building on the Mount Saint Vincent University campus. It offers books and videos for family and professional caregivers on topics on the aging process, elder abuse, legal issues, home care, and others. A complete listing is available on the website listed below. Anyone who lives in Nova Scotia may borrow from the library. If you live outside the Halifax area, the centre will send you books by courier. *Hours:* Tuesday and Thursday, 1:00 pm – 4:30 pm.

For more information, contact:
Library Coordinator
Caregiver Resource Library
Nova Scotia Centre on Aging
Mount Saint Vincent University
Bedford Highway, NS B3M 2J6

Phone: (902) 457-6561
Website: www.msvu.ca/campus-information/caging

Information Resource Centre
(Senior Citizens' Secretariat)

The Centre maintains a collection of books, reports, magazines, videos, pamphlets, and newsletters on topics related to aging. The materials may be borrowed by the general public. A mail service is available for people who cannot visit the Centre. To obtain a listing of subjects covered, contact the librarian.

For more information, contact:
Jane Phillips, Librarian
1740 Granville Street, 4th Floor
PO Box 2065
Halifax, NS B3J 2Z1
Phone: (902) 424-4710

Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Nova Scotia Regional Public Libraries: Services for Seniors

The public libraries offer a variety of programs and services to seniors, including large-print books, special collections of information relating to the interests and concerns of seniors, a books-by-mail service, book delivery service, talking-books service, descriptive videos, and special programs on topics of interest to seniors.

For more information, contact:
Your nearest regional library, as listed in your local telephone directory.
Website: www.library.ns.ca/regionals

Did You Know?

Nova Scotia Drivers 65 and older are eligible for a free safe driving course for seniors. Call **1-800-670-0065** to learn more.

Gerontology Programs

Mount Saint Vincent University

MSVU offers the following programs:

- Master of Arts in Family Studies and Gerontology
- Bachelor of Applied Arts (Family Studies and Gerontology) Honours option also available
- Certificate in Gerontology

For more information, contact:
Admissions Office
Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6
Phone: (902) 457-6128
E-mail: admissions@msvu.ca
Website: www.msvu.ca

Community Learning Networks

Learning programs are available in many communities for older adults at no fee. The programs allow you to upgrade your basic skills, set your own goals, and work at your own pace. Individual sessions with volunteer tutors are often available. There are 23 Community Learning Networks located throughout Nova Scotia. For more information, contact the Adult Education office nearest you. You're never too old to learn!

Cape Breton Region:
Phone: 563-2270

Southwestern Region:
Phone: 543-2376

Metro Region:

Metro Halifax
Phone: 424-8421

Acadian Community
Phone: 424-5165

African Canadian Community
Phone: 424-5165

Deaf Community
Phone: 423-3353

ESL Community
Phone: 424-8421

Strait Region:
Phone: 625-4031

Northern Region:
Phone: 893-7200

Mi'kmaq Community
Phone: 893-5989

Valley Region:
Phone: 679-6204

University and Community College Courses for Seniors

Reduced Tuition Fees

The following universities in Nova Scotia offer credit courses to seniors on a tuition-free or reduced-fee basis.

Acadia University, Wolfville
Reduced fee structure for all credit courses for seniors 60+.

For more information:
Contact Student Accounts: (902) 542-2201

Atlantic School of Theology, Halifax
50 percent reduction in tuition to seniors 65+ (as of date of registration) for credit courses.

For more information:
Phone: (902) 423-6939

Dalhousie University, Halifax

Free tuition for all undergraduate credit courses for seniors 65+.

For more information:
Contact Student Accounts: (902) 494-3998

Mount Saint Vincent University, Halifax

50 percent reduction in tuition to seniors 65+ for undergraduate credit courses.

For more information:
Contact Financial Services: (902) 457-6277
E-mail: financial.services@MSVU.ca

NSCAD University, Halifax

40 percent discount on tuition fees for all undergraduate courses for seniors 60+. Twenty percent discount on Continuing Education courses.

For more information:
(902) 494-8195

Saint Francis Xavier University, Antigonish

Free tuition for all undergraduate credit courses for seniors 65+.

For more information,
Contact Student Accounts: (902) 863-3300

Université Sainte-Anne, Church Point

Fifty percent discount on tuition fees for seniors 60+ for all credit courses.

For more information:
Phone: (902) 769-2114

University College of Cape Breton, Sydney

Free tuition for seniors 65+ or pre-retired 60+ for all in-class credit courses.

For more information:
Phone: (902) 539-5300

Distance Education Courses

Distance education programs allow the learner and the educator to work together from a distance to permit a flexible learning schedule. Methods of distance education include television broadcasts, teleconferencing, audio and video tapes, e-mail and the Internet. Contact individual universities for costs. Costs of courses may vary. A calendar of courses is available.

For more information, contact:
Association of Atlantic Universities
Suite 403, 5657 Spring Garden Road
Halifax, NS B3J 3R4

Phone: (902) 425-4230
Website: www.dal.ca/aau

Nova Scotia Community College

In addition to full-time courses, the NSCC offers part-time and Distance Education courses at its 12 locations around the province. There is no reduced tuition fee for seniors.

For more information, contact:
Phone: (902) 491-4911
Toll-free: 1-866-679-6722
Website: www.nsccadmissions@nscc.ca

Acadia Lifelong Learning Centre (ALL)

The Acadia Lifelong Learning Centre (ALL), a community-driven initiative of Acadia University's Division of Continuing and Distance Education, provides quality educational opportunities to older adults. Reasonably priced non-credit programs are held on campus during the Fall, Winter, and Spring terms. Seniors 60+ are now able to

audit Acadia credit courses at reduced rates during summer, fall, and winter terms.

For more information, contact:
Coordinator
Phone: (902) 585-1434
Toll-free: 1-800-565-6568
E-mail: allinfo@acadiau.ca
Website: http://conted.acadiau.ca

Elderlearners

Elderlearners, sponsored by the Division of Continuing Education at Saint Mary's University, offers adults, age 55 and over, an opportunity to become involved in lifelong learning. Patterned on Universities of the Third Age in Europe, its members continue to educate themselves and share ideas on a wide variety of subjects of interest to older adults through a series of lectures and short courses every fall and winter.

For more information, contact:
Jim Sharpe
SMU Division of Continuing Education
Saint Mary's University
Halifax, NS B3H 3C3

Phone: (902) 420-5492

Other Seniors' Programs

Routes to Learning Canada

This organization, formerly called Elderhostel Canada, is a not-for-profit, charitable organization providing education-travel adventures. With Routes to Learning Canada you can travel with others who share your quest for new insight. You'll venture on and off the beaten path, discovering places, people, and things that are inaccessible to the average traveler.

For more information, contact:
Tanya Poulton
Canada East Field Office Director
65 Millrun Crescent
Bedford, NS B4A 3H9

Phone: (902) 835-8630
E-mail: Tanya.Poulton@routestolearning.ca
Website: www.routestolearning.ca

Computers and the Internet

Community Access Program (CAP)

CAP offers affordable access to the Internet. Computers are available for affordable public use. You can read your e-mail, look at websites, check your stocks, or search the Internet. This community-based program, supported by a variety of partnerships, can be found in communities across Canada.

For more information, contact:
Toll-free: 1-866-569-8428
Website: www.nscap.ca

Cape Breton Seniors' Community Learning Network

Promotes social learning times that will help you enjoy developing and sharing computer skills. The program is available in Community Access Program (CAP) sites throughout Cape Breton and Victoria Counties.

For more information, contact:
Ruth Boone
2737 Point Edward Highway
Point Edward, NS B2A 4P9

Telephone: (902) 564-2729
E-mail: rboone@capcbco.ca
Website: www.capebretonseniors.ns.ca

Halifax Region Seniors' Multiple Point Access Program (HRSMPAP)

This seniors' program teaches you how to use a computer. You can sign up for training on the computer and internet. Classes are taught by seniors at an easy pace, in a friendly seniors' centre environment. You can join a computer club to share skills and learn more about computers from your peers.

For more information, contact:

Dartmouth Seniors' Service Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: (902) 465-5578
E-mail: dartseniors@accesswave.ca

Rockingham Community Centre
199 Bedford Highway
Halifax, NS B3M 2J9
Phone: (902) 490-4686

Sackville Seniors Advisory Council
45 Connolly Street
Lower Sackville, NS B4C 1S6
Phone: (902) 864-5591

Spencer House Seniors' Centre
5596 Morris Street
Halifax, NS B3J 1C2
Phone: (902) 421-6131

Spryfield Seniors' Centre
South Centre Mall
16 Dentith Road, Box 41
Halifax, NS B3R 2H9
Phone: (902) 477-5658

Ward 5 / St. Mark's
5522 Russell Street
Halifax, NS B3K 1X2
Phone: (902) 454-0018

Student Connection Program

This initiative is a partnership between Industry Canada and HRDC's Youth Employment Strategy (YES). It offers training to seniors in learning today's latest computer technology. For a reasonable fee, you can sign up for group training sessions or one-on-one instruction in your home. Topics include: introduction to computers, the internet, e-mail, on-line banking and e-commerce.

For more information, contact:
Sheri Miller
Phone: (902) 426-0566
Toll-free: 1-888-807-7777
E-mail: miller.sheri@cbsc.ic.gc.ca
Website: www.studentconnection.ns.ca

Using Technology? Positively!

This series of fact sheets on everyday technologies and seniors is available free of charge. Topics include:

- *Series Overview*
- *Telecommunications: Phones and More*
- *Looking After Your Money: Technology and Banking*
- *Computers: Getting Online Using the Internet*
- *For the Good of Your Health: Technology and Health Care*
- *How Are Everyday Technologies Kept Safe?*
- *Older Adults Mean Business*

For more information, contact:
Senior Citizens' Secretariat
Phone: (902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca

This fall, get your flu shot!

Employment

Human Resource Centres of Canada (HRCC)

These centres offer a range of employment services to Canadians and provide support to people looking for jobs.

Employment Insurance Benefits

Like other Canadian workers, if you are 65 or over you can get Employment Insurance (EI) benefits or sickness benefits if you meet the criteria. EI earnings that may affect the benefits you receive include retirement income such as employment pensions. The centres can provide you with information about EI.

Job Search Support

The HRCCs offer support to people looking for jobs including job and career counselling, help with writing resumes, computerized information on jobs, and job-finding clubs.

Social Insurance Number (SIN)

The centres can help you to obtain or replace a Social Insurance card. The fee for replacing a card is $10.

For more information, contact:
Phone (*English*): 1-800-206-7218
Phone (*Français*): 1-800-808-6352
Website: www.hrdc-drhc.gc.ca

Seniors for Seniors

Seniors for Seniors provides employment opportunities for workers 50 years of age and older in the Halifax area. Positions available include homemakers, handy-persons, home-cleaners, and companions.

For more information, contact:
Howard Court or Janet Wilson
7001 Mumford Road, Tower 1
Suite 819, Halifax, NS B3L 4N9
Phone: (902) 454-3674
Toll-free: 1-800-719-6643

Workers' Compensation Board of Nova Scotia

The Workers' Compensation Act of Nova Scotia protects both the injured worker and the employer. It provides financial assistance, medical aid, rehabilitation, re-employment and protection from participating in court processes.

For more information, contact:
Main Office, Halifax
5668 South Street
PO Box 1150
Halifax, NS B3J 2Y2
Phone: (902) 491-8999
Toll-free: 1-800-870-3331
E-mail: info@wcb.gov.ns.ca
Website: www.wcb.ns.ca

or
Branch Office, Sydney
336 Kings Road, Suite 117
Sydney, NS B1S 1A9
Phone: (902) 563-2444
Toll-free: 1-800-880-0003

Transportation

Gas and Service Stations

Service Nova Scotia and Municipal Relations offers an on-line service that lets seniors know which gas stations in the province offer full-serve, self-serve, or both levels of services. The website can be found at:
www.gov.ns.ca/snsmr/consumer/

If you do not have access to a computer, contact the Senior Citizens' Secretariat for information about the gas and service stations nearest you.

For more information contact:
Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Licenses and Safe Driving

Driver's Licenses

Photo driver's licences are issued by the Registry of Motor Vehicles, a division of Service Nova Scotia and Municipal Relations. The cost to renew a Class 5 (regular) licence for a five-year period is $63.60.

Appointments for Seniors

People with special needs, including seniors, may schedule a time to renew their licence rather than waiting for extended periods of time.

Accessible Parking License Plates and Permits

The Registry of Motor Vehicles ensures that those needing to park close to buildings due to mobility impairments, are able to do so. See details on page 34.

Veteran's Plates

Qualified individuals can apply for Veteran's plates by completing the application form and supplying proof of eligibility. An additional $5 is added to the usual cost of registering your vehicle.

A regular pap test could save your life!

Refunds

You can request a refund if you move out of the province or have stopped driving. Additionally, refunds can be requested by the estate on behalf of deceased drivers. The refund will be for the time remaining in the five-year period for which the driver has paid, minus the $9.60 photo fee and an administration fee of $12.25.

Office Locations

Contact the Registry's toll-free information line to locate the office nearest you.

For more information, contact:
Phone (*Halifax*): (902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv

Seniors' Safe Driving Discount Program

Funding provided by Service Nova Scotia and Municipal Relations has made it possible for Nova Scotia drivers, aged 65 and over, who hold a valid driver's licence, to receive a one-time, $40 rebate on safe driving courses. Since many of the organizations offering this program charge $40 or less, seniors usually attend for free.

Safe driving courses can help you understand how aging affects your driving skills and discover ways to make up for these changes.

Participation is voluntary and seniors do not have to take a course to keep their drivers' licenses. The courses are educational and do not involve a road test.

For more information, contact:
Seniors Safe Driving Discount Program
Service Nova Scotia and Municipal Relations
Phone: (902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv/safe/senior.asp

For information on a specific course, contact the following organizations:

Courses Available Province-Wide

Nova Scotia Safety Council
2786 Agricola Street
Bloomfield Centre
Halifax, NS B3K 4E1
Phone: (902) 454-9621
E-mail: nssc@nssafety.ns.ca

Nova Scotia Government Retired Employees Association
PO Box 20142
349 Herring Cove Road
Halifax, NS B3R 2K9
Phone: (902) 477-5155

Amherst

Fundy Driving School
Phone: (902) 667-8090

Annapolis Valley

Discover Driving
Phone: (902) 665-2831
Website: www.discoverdriving.com

Brookfield

South Colchester Driving School
Phone: (902) 673-2958

Kentville

Fundy Driving School
Phone: (902) 679-0607

Halifax/Dartmouth Metro Area

Drive Wise Driving Program
Phone: (902) 434-5113
E-mail: DriverED@AdvancedDriving.com

Public Transportation Regional Services

Dial-a-Ride Nova Scotia

Service Nova Scotia and Municipal Relations partners with several other government departments and agencies to provide a diverse range of safe, affordable, and accessible public transportation services to meet the needs of rural Nova Scotians, including those who are disabled, disadvantaged, or elderly. These services, available in many parts of the province, are part of the Dial-a-Ride Nova Scotia network.

Partial operating funding for these services is provided under the **Community Transportation Assistance Program** (CTAP). CTAP also provides funding up to $5,000 to non-profit organizations interested in developing new community-based transportation services upon approval of a summary business plan by Service Nova Scotia and Municipal Relations.

For more information, contact:
René Frigault
Service Nova Scotia and Municipal Relations
Phone: (902) 424-2088

or
Dial-a-Ride Nova Scotia
Toll-free: 1-877-305-7433
Website: www.gov.ns.ca/snsmr/dialaride

Did You Know?

Three in twenty Nova Scotians are aged 65 years or older. This amounts to 131,000 out of a provincial population of 948,000

Transportation Services by Area/County

(also, see Shuttle Services on page 59)

Annapolis County

Kings Transit

This service provides public transportation on fixed-routes in the Annapolis Valley area from Wolfville to Weymouth, including Digby. Seniors' passes are available at a discount price.

For more information, contact:
Phone: (902) 678-7310
Toll free: 1-888-546-4442
E-mail: andy@kingstransit.ns.ca
Website: www.kingstransit.ns.ca

TransCounty Transportation Society

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people in the Annapolis County and parts of Digby County who are disabled, elderly, or disadvantaged.

For more information, contact:
Debbie Decker
Phone: (902) 665-1212
Toll-free: 1-877-305-7433
E-mail: admintcts@ns.sympatico.ca
Website: www3.ns.sympatico.ca/acats

Cape Breton Regional Municipality

Transit Cape Breton

This service provides public transportation on fixed-routes in the Industrial Cape Breton area. Special fares for seniors are available.

For more information, contact:
Phone: (902) 539-8124

Handi-Trans

Handi-Trans is a shared-ride, door to door public transportation service for registered mobility impaired residents of seven municipalities in Industrial Cape Breton. The service is operated by Cape Breton Regional Transit Authority and is available by appointment, Monday to Saturday.

For more information, contact:
Bernie Steele
Phone: (902) 539-4336
E-mail: damuldoon@region.cape-breton.ns.ca

Municipality of Clare

Le Transport de Clare

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged. This service operates Monday to Friday, 8:00 am – 4:00 pm.

For more information, contact:
Volunteer Manager
Dispatch Operator: (902) 769-2477
E-mail: crobicheau@auracom.com
Website: www.gov.ns.ca/snsmr/dialaride
(*Choose Transportation Services in NS*)

Colchester County

Colchester Transportation Cooperative Ltd. (CTCL)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Phone: (902) 896-7433
E-mail: ctcl@ns.sympatico.ca
Website: www.ctcl.ca

Able Transit (Truro)

This service, operated by the Disabled Consumers' Society of Colchester County, is designed to meet the needs of disabled consumers in Truro and surrounding areas.

For more information, contact:
Phone: (902) 895-2110

Digby County

Kings Transit

This service provides public transportation on fixed-routes in the Annapolis Valley area from Wolfville to Weymouth, including Digby. Seniors' passes are available at a discount price.

For more information, contact:
Phone: (902) 678-7310
Toll free: 1-888-546-4442
E-mail: andy@kingstransit.ns.ca
Website: www.kingstransit.ns.ca

Halifax Regional Municipality

Metro Transit

This service provides public transportation on fixed-routes in the Halifax/Dartmouth metro area. Special fares for seniors are available when purchasing a seniors' metro pass, a 20 ticket sheet, or when paying a cash fare.

For more information, contact:
Metro Info Line: (902) 490-4000
TDD Line: (902) 490-6645
E-mail: MetroInfo@region.halifax.ns.ca
Website: www.region.halifax.ns.ca/metrotransit/

Metro Transit Access-A-Bus

This service, operated by Metro Transit, provides a shared-ride, door-to-door, public transportation service for people who are declared eligible through the registration process. The service operates within the communities of Halifax, Dartmouth, Bedford and the suburban area of Sackville, Colby Village, Eastern Passage, Forest Hills, Herring Cove, and Bay Road.

For more information, contact:
Phone: (902) 490-6999
TTY: (902) 490-6664
E-mail: contactHRM.region.halifax.ns.ca
Website: www.region.halifax.ns.ca/
metrotransit/Access/Access.html

An Extra Hand Transportation

This private service offers door to door transportation in the Halifax/Dartmouth area. Available Monday to Friday during the day. Call in advance.

For more information, contact:
Phone: (902) 830-7244

Book-A-Ride

This service provides transportation to medical appointments in most of HRM for seniors and those with disabilities. Call 24 hours in advance. Service available on request.

For more information, contact:
Phone: (902) 864-5591
(902) 864-2165

Canadian Red Cross Society Transportation Service

Door-to-door transportation is available to people in Dartmouth who need a ride to and from medical appointments. Clients must register before using the service and must be able to get in and out of the vehicle independently. There is no charge, but donations are gratefully accepted.

For more information, contact:
Phone: (902) 496-0103

VON Transportation

This service provides people in the Halifax Regional Municipality with transportation to health-related appointments. It operates Monday to Friday during the day. Booking is required a week in advance.

For more information, contact:
Transportation Coordinator
Phone: (902) 455-7433

Callow Wheelchair Buses

Wheelchair accessible buses can be booked by groups who require transportation for recreational purposes. The service is designed for groups of people using wheelchairs and others who are unable to use regular transportation. A minimum donation is requested at the time you place your order.

For more information, contact:
Don Allen, Executive Director
Rosemarie Leblanc, Secretary
Phone: (902) 422-9433

Hants County

West Hants Dial-a-Ride

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Janice Caldwell, Dispatcher
Phone: (902) 792-1800
Toll-free: 1-877-305-7433
E-mail: dialaride@hantscountycan.org
Website: www.hantscountycan.org

Hants Community Accessible Transportation Service

This privately operated transportation service provides door to door, wheelchair accessible service to residents of Hants, Kings, and Halifax Counties. Flexible hours.

For more information, contact:
Barbara Lynds-Boone
Phone: 1-866-382-2287

Kings County

Kings Transit

This service provides public transportation on fixed-routes in the Annapolis Valley area from Wolfville to Weymouth, including Digby. Seniors' passes are available at a discount price.

For more information, contact:
Phone: (902) 678-7310
E-mail: andy@kingstransit.ns.ca
Website: www.kingstransit.ns.ca/

Kings County Alternative Transportation Services Society (KCATSS)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged in the Kings County area. Transportation to Halifax for medical appointments is also available twice a week. Charitable donations accepted.

For more information, contact:
Phone: (902) 681-2846
Toll-free: 1-877-305-7433
E-mail: ats@ns.sympatico.ca

Lunenburg County

Senior Wheels Association, Bridgewater

This association runs an eight-passenger, wheelchair-accessible bus in the town of Bridgewater and seven kilometres outside the town limits. The service is offered to seniors

and disabled persons of all ages. The service is sponsored by the Bluenose Golden K. Kiwanis Club. *Times*: Daily, and some evenings by request. *Fees*: Free of charge. To reserve a ride, please phone one day in advance.

For more information, contact:
Phone: (902) 543-2255 (answering service)

Pictou County

Central Highlands Association of the Disabled (CHAD)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Ron Levy, New Glasgow
Phone: (902) 755-1944
Toll free: 1-877-305-7433
E-mail: r.levy@ns.sympatico.ca
Website: www.gov.ns.ca/snsmr/dialaride
(choose Transportation Services in NS)

VON Volunteer Transportation Program

Transportation to health related appointments in Pictou is provided during the day, Monday to Friday. Advance booking is required.

For more information, contact:
Sheila Hoeg, Coordinator
VON New Glasgow
Phone: (902) 755-4524

Queens County

VON Seniors' Assisted Transportation Program

In partnership with Queens County Crime Prevention Program, this service provides transportation to medical appointments, grocery stores, banks and other important locations for seniors.

For more information, contact:
Margo Walsh Leaman, Coordinator
VON Liverpool
Phone: (902) 354-3297
E-mail: vonqueens@ns.sympatico.ca

Yarmouth County

Hut's Transit

This service provides public transportation on fixed-routes within the town of Yarmouth, from Monday to Saturday.

For more information, contact:
Gary Hudson
Phone: (902) 749-4309 (direct to bus)

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With 75 locations in Atlantic Canada we're there where you need us

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Visit our on-line health center at www.pharmasave.com

Handicapped Organization Promoting Equality (HOPE)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation in Yarmouth County to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Bill Crawford, Yarmouth, NS
Phone: (902) 742-8910
Toll free: 1-877-305-7433
E-mail: hopecentre@ns.sympatico.ca
Website: www.yarmouthweb.com/hope/

Shuttle Services

Campbell's Shuttle Service
(Yarmouth – Halifax)

Personalized service is offered daily in a seven-passenger van.

For more information, contact:
Phone: (902) 742-6101
Toll-free: 1-800-742-6101

Health Care Shuttle
(Pictou – Halifax)

Door-to-door transportation to and from appointments is provided, by appointment only. Drivers are available to help clients in and out of hospitals, doctors' offices, etc.

For more information, contact:
John Henderson
Phone: (902) 759-8710

Valley Drug Mart Health
(Middleton – Halifax)

Daily service is available to any patient who has an appointment with a specialist in Halifax. Donations are greatly appreciated.

For more information, contact:
Phone: (902) 825-4822

Sloane's of Hants Helping Hand Transport
(Truro – Halifax – Windsor)

Door-to-door return service to your appointments is provided. Assistance is available, if needed. Day trips for up to three persons are also available. Wheelchair available, but not wheelchair accessible. Call in advance.

For more information, contact:
John Sloane, Shubenacadie
Phone: (902) 883-2149

Shuttle Bug Shuttle Service
(L'Ardoise/St. Peters — Halifax/Dartmouth)

This shuttle offers return service, six days a week (not Saturday), on a set schedule. Call in advance.

For more information, contact:
Bruce Prout
Phone: (902) 587-2359
Toll-free: 1-888-217-6691

Federal Retirement Income Programs

Old Age Security and Canada Pension Plan Programs

Social Development Canada (SDC) administers the Old Age Security (OAS) and Canada Pension Plan (CPP) programs. You can contact Social Development Canada to arrange an appointment or ask questions about CPP or OAS. Seniors not receiving Old Age Security, please call Social Development Canada.

For more information, contact:
Toll-free (*English*): 1-800-277-9914
Sans frais (*Français*): 1-800-277-9915
TTY: 1-800-255-4786
Websites: www.sdc-dsc.gc.ca
www.seniors.gc.ca

Old Age Security Program (OAS)

This monthly benefit is available to most Canadians 65 years of age or older. You must apply for this pension benefit and you must also meet OAS residence requirements.

Your employment history is not a factor in determining your eligibility, nor do you need to be retired to receive this benefit. You can apply for OAS benefits any time from six months to a year before your 65th birthday. OAS benefits are indexed quarterly and are subject to income tax.

The amount of your pension depends on how long you have lived in Canada. If you do not have enough periods of residence in Canada to qualify for a pension, you may still qualify if you lived in and/or made social security contributions in a country with which Canada has a social security agreement.

Information for Higher Income Seniors

In 2004, pensioners with an individual net income above $59,790 will repay part or all of the maximum Old Age Security pension amount. The repayment amounts are normally deducted from their monthly payments before they are issued. The full OAS pension is eliminated when a pensioner's net income is $97,075 or above.

Did You Know?

14% of Nova Scotians are over 65.

Other Benefits

Other benefits available through the Old Age Security Program are:

- **Guaranteed Income Supplement (GIS)**
- **Allowance**
  (formally known as the Spouse's Allowance)
- **Allowance for the Survivor**
  (formally referred to as the Widowed Spouse's Allowance)

Guaranteed Income Supplement (GIS)

This benefit is a non-taxable, monthly benefit paid to residents of Canada who receive a basic, full, or partial Old Age Security pension, and who have little or no other income. To determine if you qualify for the GIS, call **1-800-277-9914.**

Remember, to receive the GIS you must re-apply each year by filing an income statement or completing an income tax return.

Allowance

This benefit provides a modest income if you have a low income, are 60 – 64 years old, and are the spouse or common-law partner of an OAS pensioner. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, if there is a change in your marital status, or if you die. You must re-apply every year for this benefit by filing an income statement or completing an income tax return.

Allowance for the Survivor

This benefit provides a modest income if you have a low income, are 60 – 64 years old, and if your spouse or common-law partner has died. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, or if you die.

If your income and/or marital status change, your benefit rate can go up or down, or stop altogether (i.e. you can't qualify if you've remarried or entered a common-law relationship since your partner's death). Remember that you could be entitled to benefits now even if you were turned down in the past. If your benefits are stopped at any point, you should check each year after that to find out if you qualify again. You must re-apply every year for this benefit.

Important Notes

- If you or your common-law partner receive the GIS or Allowance based on "single" status, you must declare both incomes to calculate your eligibility for GIS and the Allowance. Should you not declare your common-law status, future benefits for these and other Government of Canada programs may be affected.
- The GIS and the Allowances are intended for low-income seniors who live in Canada. They must stop if you leave Canada for a period of more than six months, following the month of your departure. When you return to Canada, you can apply to have your benefits restored.
- Your OAS pension, the GIS, and the Allowances are adjusted every three months for inflation. While the OAS pension is a taxable benefit, you are not taxed on the GIS or the Allowances. If you qualify for these benefits you may also be eligible for other programs or benefits offered by the Province of Nova Scotia.

For more information, contact:
Social Development Canada
Toll-free (*English*): 1-800-277-9914
Sans frais (*Français*): 1-800-277-9915

Canada Pension Plan (CPP)

This plan offers benefits to people who have contributed to the Canada Pension Plan or to both the Canada Pension Plan and the Quebec Pension Plan. You must apply for these benefits.

The Canada Pension Plan, which began in 1966, provides benefits when a contributor to the plan retires, becomes disabled, or dies. The amount of the benefit depends on the amount of earnings and contributions to the plan. All Canada Pension Plan benefits are paid out of the CPP fund and are subject to income tax.

Retirement Pension

This is a monthly benefit payable to eligible contributors who are 65 years of age or older. If you are 60 – 64 years of age, you may receive a reduced benefit if you are working part-time or have completely ceased working. This benefit will continue even if you return to work at a later date. Once you begin to receive your retirement pension you must stop contributing to the Canada Pension Plan. When you become 65 years of age you do not need to stop work to receive these retirement pension benefits.

Disability Pension

This is a monthly benefit payable to eligible contributors who are disabled (according to the terms of CPP legislation), who are under the age of 65, and who have made sufficient contributions to the plan. The Disability Pension includes benefits for dependent children of disabled contributors.

Survivor's Benefit

This is a monthly pension paid to the spouse or common-law partner of a deceased contributor, if that contributor made sufficient contributions to the plan. The amount of the pension is determined by the deceased's contributions to

the plan, the age of the surviving spouse or common-law partner at the time of death, whether there are dependent children, or if the surviving spouse or common-law partner is disabled.

Death Benefit

This is a lump-sum benefit paid to the estate of the deceased contributor, if contributions were made to the plan for a minimum qualifying period. Maximum Benefit: $2,500.

Children's Benefit

This benefit is paid on behalf of the dependent children of a deceased contributor, if the contributions have been made for a minimum qualifying period. This is a flat-rate benefit.

For more information, contact:
Toll-free (*English*): 1-800-277-9914
Sans frais (*Français*): 1-800-277-9915

Veterans Affairs Canada

Veterans Affairs Canada provides a variety of income and health-related programs to eligible veterans and certain civilian groups.

For more information, contact:
Toll-free (*English*): 1-866-522-2122
Sans frais (*Français*): 1-866-522-2022

Veterans' Independence Program

The Veterans Independence Program (VIP) helps veterans and their spouses remain independent in their own homes or communities. It is offered in combination with other federal, provincial, and municipal programs. For more information about what VIP covers, or to determine if you are eligible, contact Veterans Affairs Canada.

For more information, contact:
Toll-free: 1-800-443-0382

Provincial Financial Aid Programs

Property Tax Rebate Program

This program, administered by Service Nova Scotia and Municipal Relations, is designed to help eligible seniors remain in their own homes by providing them with an annual rebate on their municipal property taxes.

The program provides eligible homeowners with a 50 percent rebate on the municipal property taxes paid the previous year, up to a maximum of $400 per year. The rebate in 2005 will be for property taxes paid in 2004.

Eligibility

You are eligible to receive the rebate if you meet the following criteria:

- You were receiving either the Guaranteed Income Supplement (GIS) or the Allowance in January of this year. *To find out if you qualify for the GIS or the Allowance, call Social Development Canada at* ***1-800-277-9914.***
- You are living in your home at the time you apply for the rebate and continue to reside in the home.
- Your 2004 property taxes were paid in full.

Application Process

Previous Applicants

If you received the Property Tax Rebate last year and were in receipt of the Guaranteed Income Supplement or the Allowance in January 2005, an application form will automatically be mailed to you in July. To receive the rebate, simply complete the application

form and return it to the Senior Citizens' Financial Aid Program by December 31, 2005.

New Applicants

To determine your eligibility for the rebate, call Service Nova Scotia and Municipal Relations, toll-free at **1-877-296-9338**. If you are eligible, an application form will be mailed to you in August 2005. To receive the rebate, simply complete the application form and return it to Service Nova Scotia and Municipal Relations by December 31, 2005.

For more information contact:

Senior Property Tax Rebate Program
Service Nova Scotia and Municipal Relations
Business Registration
PO Box 283
Halifax NS B3J 2N7

Phone (Halifax): (902) 424-4500
Toll Free: 1-877-296-9338

Seniors Special Assistance

Funding may be available, on an exceptional basis, to low income seniors who have special needs and no means of paying to have those needs met. To qualify, all other funding sources must be explored including the federal Old Age Security Program and Guaranteed Income Supplement. For more information or to discuss your eligibility, contact the Department of Community Services Field Office nearest you.

Field Offices

Central Region

Cole Harbour: (902) 435-7472

Dartmouth (Portland): (902) 424-1600

Halifax: (902) 424-4150

Sackville: (902) 869-3600

Eastern Region

Sydney: (902) 563-3300

Glace Bay:(902) 842-4000

North Sydney: (902) 794-5110

Port Hawkesbury: (902) 625-0660

Northern Region

Antigonish: (902) 863-3213

Colchester: (902) 893-5950

Cumberland: (902) 667-3336

Guysborough: (902) 533-4007

Pictou: (902) 755-7363

Western Region

Annapolis: (902) 532-2358

Bridgewater:(902) 543-5527

Digby: (902) 245-5811

Hants: (902) 798-8319

Kings: (902) 678-6176

Queens: (902) 354-2771

Shelburne: (902) 637-2335

Yarmouth: (902) 742-0741

Vital Statistics and Proof of Age

Birth, Marriage, and Death Certificates

Service Nova Scotia and Municipal Relations, Vital Statistics issues birth, marriage and death certificates for persons who were born, married or died in Nova Scotia.

You may request a birth, marriage or death certificate by contacting Vital Statistics in person, by mail, fax or e-mail.

When you apply for a birth certificate, you must give your full name (first, middle, and last); the date and place of birth, your parents' full names (including mother's maiden name) and your father's and mother's birth place. For marriage certificates, you must provide the names of both parties to the marriage and the date and place of marriage. For death certificates, you will need to give the name of the deceased and the date and place of death. You must also state the reason for your request. The fee for each short form certificate is $26.50. A detailed certificate is $32.00. Visa or MasterCard are accepted.

If you were born outside Nova Scotia, the Vital Statistics Office may be able to give you information on where to write for your birth certificate.

Counter service is available 8:30 – 4:30, Monday to Friday, excluding holidays.

For more information, contact:
Service Nova Scotia and Municipal Relations
Vital Statistics Office
1690 Hollis Street, PO Box 157
Halifax, NS B3J 2M9

Phone (Halifax): (902) 424-5851
Toll-free: 1-800-898-7668
E-mail: vstat@gov.ns.ca
Website: www.gov.ns.ca/snsmr/vstat

Baptismal Certificates

The church where you were baptized may supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination, which may have duplicate records.

Proof of Age

Many reductions and benefits are available to seniors. To receive them you are expected to prove your age. Many businesses will accept your Old Age Security (OAS) Identification Card, passport, driver's license, or a general photo ID card, such as the one available from the Registry of Motor Vehicles.

Seniors' Card (OAS)

You will receive an Old Age Security (OAS) Identification Card in the mail the same month you receive your first OAS cheque.

For more information, contact:
Social Development Canada
Toll-free (*English*): 1-800-277-9914
Sans frais (*Français*): 1-800-277-9915

Photo IDs

Service Nova Scotia and Municipal Relations offers an identification card service. For more information about what is required to obtain a photo ID or office locations, please contact the number below.

The fee for the service is $14.60 and the card is valid for five years.

For more information, contact:
Phone (Halifax): (902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/RMV/other/idcard.asp

Passports

Your passport can be used for identification purposes (see page 46 for more information.)

A medication record lists your medications, allergies and medical conditions.
This helps your doctor and pharmacist decide what's best for you.
Call **1-800 363-0203** to obtain *Knowledge is the Best Medicine* and a free *Medication Record.*

Taxes

Personal Income Tax

Canadian citizens are required to fill out forms to calculate the amount of taxes they should pay each year. These must be returned to the Canada Revenue Agency (CRA), formerly called Revenue Canada.

Depending on your situation and if you filed an income tax return last year, you may receive a personalized income tax package through the mail.

General income tax returns and guides are available from your income tax office or local post office. It is now possible to file your income tax return via the internet.

When calling about your income tax, be sure to have your questions ready and your tax papers handy.

For more information, contact:
Canada Revenue Agency
Automated Information: 1-800-267-6999
Refund Enquiries: 1-800-959-8281
Income Tax Enquiries: 1-800-959-8281
Forms and Publications: 1-800-959-2221
Website: www.cra-arc.gc.ca/forms

Community Volunteer Income Tax Program

If you need help completing your income tax return and have limited income, ask Canada Customs Agency for a list of the volunteer tax clinics in your area.

The clinics are offered free of charge throughout Nova Scotia from the end of March to the end of April.

If you would like to offer your services as a volunteer, training is provided.

For more information, contact:
Alice Evong
Phone: (902) 426-5149
Toll-free: 1-888-704-8110

Service for Seniors

A new income tax filing service is available to seniors who meet certain criteria. In February 2004, those eligible for this service will receive a letter in the mail inviting them to file their 2004 income tax return for free using a touch-tone telephone. The service requires clients to identify themselves and answer a few "yes" or "no" questions. During the assessment process, the client's income will be included automatically using Canada Revenue Information. As well, the client will be allowed the basic personal amount, age amount and, if applicable, the disability amount. Clients do not have to prepare their income tax return prior to using Service for Seniors. After they have filed, a Notice of Assessment will be issued to confirm the amount of their Old Age Security (OAS), Canada Pension Plan (CPP), Quebec Pension Plan (QPP),or Net Federal Supplements.

Service for Seniors: Eligibility Criteria

- Over age 65
- Only income in 2003 was from Old Age Security (OAS), Canada Pension Plan (CPP), Quebec Pension Plan (QPP), or Net Federal Supplements.
- Taxable income in 2003 was less than $10,500 or $15,000 if the client is entitled to the disability amount.

To use Service for Seniors, call Canada Revenue Agency's existing TELEFILE service at **1-800-959-1110**. Once you enter your social insurance number and access code, the Telefile service will know if you are eligible to use the new service.

Caregiver Tax Tips

Seniors are entitled to a number of tax credits including: Basic Personal Credit, Age Credit, Personal Disability Credit, and Credits for Medical Expenses. Caregivers are also entitled to additional tax credits, including: Caregiver Credit, Spousal Credit, Dependent Disability Credit, Spousal Transfer Credit, Eligible Dependent Credit, and Infirm Dependent Credit.

For more information, refer to your tax guide, speak with a financial advisor, or call the Canada Revenue Agency at**1-800-959-8281**.

GST Credit

The Goods and Services Tax (GST) Credit is designed to offset the cost of the GST for individuals and families with moderate or lower incomes.

To apply, you must file a tax return and complete the Goods and Services Tax Credit information section on Page 1 of your tax return. If you are eligible, you will receive payments in July, October, January, and April. Only one member of each family unit is eligible to apply.

For more information, contact:
Canada Revenue Agency
Phone: (902) 426-3972
Toll-free: 1-800-959-1953
Website: www.cra-arc.gc.ca/benefits

When You Retire

This pamphlet highlights tax topics of importance to retirees. To obtain a copy, call Canada Revenue Agency at **1-800-959-2221.**

This fall, get your flu shot!

Legal Matters

Nova Scotia Department of Justice

The Department of Justice has a number of resources to help seniors who have been victimized by crime. Victim Services staff are there to help you deal with trauma resulting from a crime. They can help prepare a victim impact statement and provide information to help you understand the criminal justice system.

Victim Services has four regional offices in Dartmouth, Kentville, New Glasgow, and Sydney. Its toll-free number is **1-888-470-0773.**

To help fight fraud against seniors and elder abuse, resource material is available on the internet (see address below).

For more information, contact:
5151 Terminal Road, PO Box 7
Halifax, NS B3J 2L6
Phone: (902) 424-4030
Website: www.gov.ns.ca/just

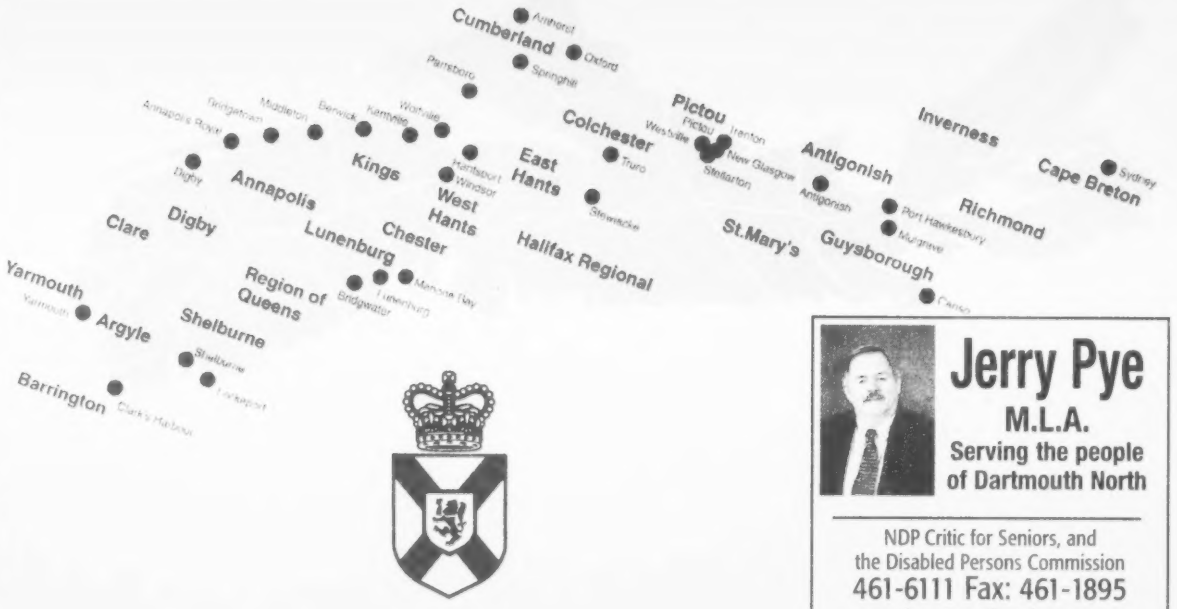
Legal Information Society of Nova Scotia

The Society helps Nova Scotians find out about the law. Information and resources are available on such topics as wills, family and criminal law, powers of attorney, guardianship, and many other legal topics. The Society also supplies legal pamphlets and operates a speakers bureau.

A *Seniors and the Law* information kit is available for purchase from the society. Single copies of the following pamphlets are available free of charge from either the Society at **454-2198** or Senior Citizens' Secretariat at **1-800-670-0065.** They are also available on the Society's website.

- *Patients' Rights*
- *The Public Trustee*
- *Elder Abuse (The Adult Protection Act)*

Some of Your Government Representatives



Jerry Pye
M.L.A.
Serving the people of Dartmouth North

NDP Critic for Seniors, and
the Disabled Persons Commission
461-6111 Fax: 461-1895
jpye@ns.aliantzinc.ca
25 Crystal Drive B3A 4L3

DANNY GRAHAM

OFFICE HOURS:
MONDAY TO FRIDAY, 10:30-4

OR BY APPOINTMENT.
CALL 422-6683 TO SET UP A TIME

OFFICE LOCATION:
(MASSAWAY BY WATER, THE OLD RAIL STATION AND THE WESTIN HOTEL)

E-MAIL:
dannygrahamnsl@ns.aliantzinc.ca

PHONE: 422-6683
FAX: 422-0575

Diana Whalen, MLA
A Strong Voice for Halifax Clayton Park
287 Lacewood Drive, Suite 303
Halifax, NS B3M 3Y7
Phone: 443-8318 • Fax: 445-9287
Email: whalendc@gov.ns.ca

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Dartmouth South-Portland Valley
135 Portland Street, Dartmouth,
Nova Scotia B2Y 1H9
phone: 463-6673 fax 463-4973
marilynmoremla@ns.aliantzinc.ca

Rodger Cuzner, MP
Serving the people of Cape Breton - Canso

78 Commercial St.
Dominion, NS
Tel: 842-9763
Fax: 842-9025
Toll Free: 1-866-282-0699

Carolyn Bolivar-Getson
Serving Lunenburg West

Proud to be serving Lunenburg West Seniors

410 King Street,
Bridgewater, N.S. B4V 1A9
Ph. 902 530 0001
Fax: 902 530 0004
E-mail: bolivargetson@eastlink.ca

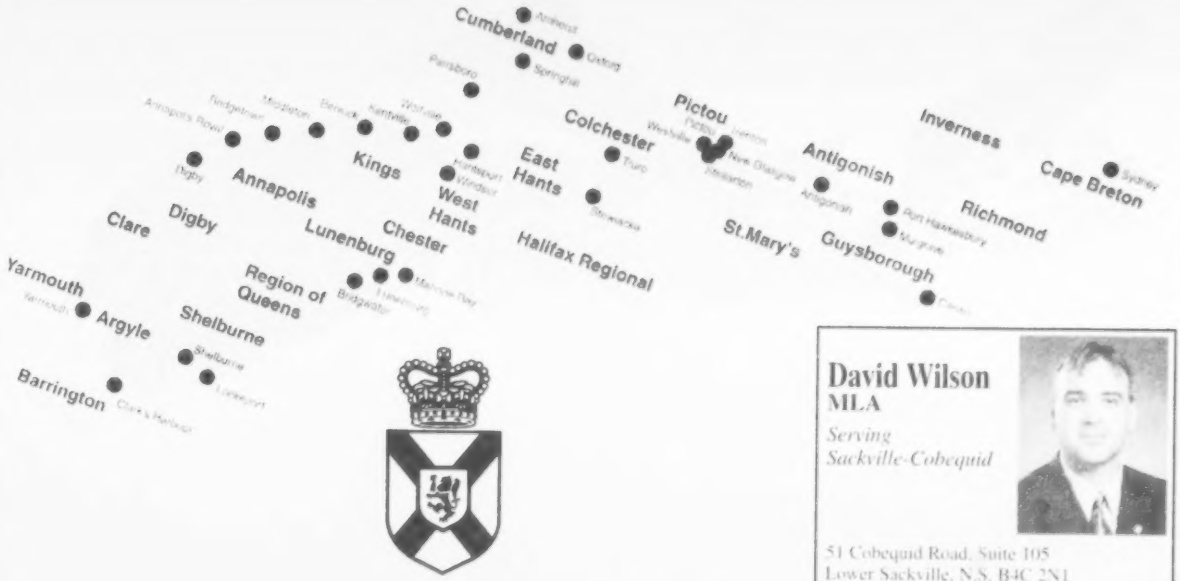
Cecil Clarke MLA
Cape Breton North

794-4060

For assistance contact or visit our office:
176 Commercial St., North Sydney

MLA1

Some of Your Government Representatives



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MLA
Serving
Sackville-Cobequid

51 Cobequid Road, Suite 105
Lower Sackville, N.S. B4C 2N1
Ph: 864 0396
Fax: 864 8409
E-Mail davidawilsonmla@eastlink.ca

To contact my office:
Phone: 865-2311
Fax: 865-4620
Toll Free:
1-888-701-5557
email: stoffp1@parl.gc.ca

PETER STOFFER, M.P.
SACKVILLE—EASTERN SHORE
FEDERAL NDP SENIORS CRITIC

Kerry Morash
MLA
Queens

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P.O. Box 1750
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B0T 1K0
Ph. (902) 354-3538
Fax (902) 354-2851
1-866-359-2797
E-mail: kgmorashmla@aliantzinc.com

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Ph: 902 597 1998
Fax 902 597 8080
E-Mail: murrayscottmla@eastlink.ca

Harold (Jr.) Theriault, MLA
Digby/Annapolis

310 Conway Ave
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- *Homes for Special Care*
- *Common Law*

For more information, contact:
5523B Young Street
Halifax, NS B3K 1Z7
Phone: (902) 454-2198
E-mail: lisns@attcanada.ca
Website: www.legalinfo.org

Legal Information Line and Lawyer Referral Service

The Legal Information Society operates a legal information line and lawyer referral service. Legal information is available Monday to Friday, 10:00 am – 3:00 pm and Tuesday and Wednesday, 5:00 – 7:00 pm, from September until June.

For more information, contact:
Phone: (902) 455-3135
Toll-free: 1-800-665-9779

Dial-A-Law

This service, managed by the Legal Information Society, provides general information, 24 hours a day, on a wide variety of topics using brief tape-recorded messages. Although the service is free, long distance charges apply if you live outside the Halifax calling area. Lawyers throughout the province volunteer their time to review the information to keep it up to date.

To use this service, contact:
Phone: (902) 420-1888

The Law and Older Nova Scotians

This publication, published by Canadian Pensioners Concerned (CPC), is a handbook of federal and Nova Scotia law and other related issues of interest and importance to Nova Scotia seniors.

For more information, contact:
Joan Lay, President, CPC
7071 Bayers Road , Box 22084
Halifax, NS B3L 4T7

Phone: (902) 455-7684
E-mail: cpc@ns.sympatico.ca
Website: www3.ns.sympatico.ca/cpc

Public Trustee

The Public Trustee is a lawyer named by the provincial government to help adults and children who are unable to look after their financial affairs. The Public Trustee serves several functions, including:

- Managing the estates of people who need someone they can trust to handle their finances. In some cases the Public Trustee will help locate a friend or relative willing to act on an individual's behalf. In other cases, the Public Trustee may decide it is appropriate for a bank or trust company to handle their affairs.
- Administering the estates of a person who has died without leaving a will or where there is a will but the executors or next of kin cannot or will not act.
- Consenting to medical or surgical treatment of a mentally incompetent hospital patient when consent cannot be obtained from the patient's guardian, spouse, or next-of-kin.

Fees for services are based on a percentage of the value of a person's estate. There is a minimum fee of $100 a year.

For more information, contact:
Public Trustee of Nova Scotia
PO Box 685
5151 Terminal Road, Suite 201
Halifax, NS B3J 2T2

Phone: (902) 424-7760

Finding a Lawyer

Lawyers are listed in the yellow pages of the phone book in alphabetical order and under areas of practice.

Nova Scotia Legal Aid

Legal aid may be granted to a person on social assistance or in an equivalent financial position where there is merit in providing legal assistance for family and criminal law. For a Nova Scotia Legal Aid Office nearest you, refer to the government section of your telephone directory, under the heading of Legal Aid.

For more information, contact:
Office of the Executive Director
401-5475 Spring Garden Road
Halifax NS B3J 3T2

Phone: (902) 420-6573
E-mail: nsla.exec@ns.sympatico.ca
Website: www.gov.ns.ca/just/legad.htm

Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth metropolitan area who fall within its financial and case eligibility requirements. Dalhousie Legal Aid is affiliated with the law school of Dalhousie University.

For information contact:
Reception, 2209 Gottingen Street
Halifax, NS B3K 3B5

Phone: (902) 423-8105

Small Claims Court

This court provides a quick, informal, and cost-effective method for deciding claims up to $10,000 (not including interest). If you are making a claim, neither you nor the person whom the claim is against will need a lawyer. Small Claims Court is less formal than other courts. The case is heard by an adjudicator, not a judge. The adjudicator is a lawyer. Small Claims Court is usually held in the evenings. Contact the clerk of the Small Claims Court nearest you for more information. Look for the telephone number in the government section of your telephone directory, under the heading of "Courts."

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For An appointment Call TOLL FREE
1-800-565-1002

Human Rights

Nova Scotia Human Rights Commission

The Commission is an independent government body charged with the administration of the province's *Human Rights Act* which protects Nova Scotians from discrimination.

The Commission's services include:

- Providing free information, on a confidential basis, to people who believe they may have experienced discrimination.
- Investigating complaints of discrimination.
- Providing education and information programs on diversity and stopping sexual harassment.
- Consulting with organizations to help them set up their own policies and programs.

The Commission has offices in Halifax, Sydney, Digby, and New Glasgow.

For more information, contact:
6th Floor, Joseph Howe Building
1690 Hollis Street
PO Box 2221
Halifax, NS B3J 3C4

Phone: (902) 424-4111
Toll-free: 1-877-269-7699
E-mail: hrcinquiries@gov.ns.ca
Website: www.gov.ns.ca/humanrights

Did You Know?

To stay independent you need to be able to reach, bend, lift, carry and move around easily. Staying physically active will help you keep moving and stay strong.

Consumer Information and Complaints

Reverse Mortgages

A reverse mortgage allows a homeowner to gain income by taking out a loan against their home. The amount available to you depends on your age, your spouse's age, and the location and type of your home.

There may be benefits to getting a reverse mortgage, but it does not suit all personal and financial situations. The Senior Citizens' Secretariat has a collection of resources that will further your understanding of reverse mortgages. This will help you decide if a reverse mortgage is right for you.

To obtain a copy of the reverse mortgage information package, contact the Senior Citizens' Secretariat at **1-800-670-0065.**

Canadian Home Income Plan (CHIP)

Canadian Home Income Plan (CHIP) provides reverse mortgages to Canadian seniors. If you are 62 or older and own your home, you may be eligible to get a reverse mortgage through designated Canadian banks or investment and financial planning firms.

For more information, contact:
Canadian Home Income Plan
45 St. Clair Avenue West, Suite 600
Toronto, ON M4V 1K9
Toll-free: 1-888-522-2447

Better Business Bureau of the Maritime Provinces Inc.

The Better Business Bureau of the Maritime Provinces Inc. answers over 60,000 calls from consumers each year looking for information

on, or assistance with, firms doing business in the Maritime Provinces. The CAMVAP program also helps consumers resolve disputes with automobile manufacturers.

For more information, contact:
Don MacKinnon
1888 Brunswick Street, Suite 805
Halifax, NS B3J 3J8

Phone: (902) 422-6581
Toll free: 1-800-422-5413
E-mail: bbbmp@bbbmp.ca
Website: www.bbbmp.ca

Concerns about Businesses

If you are concerned that the person or business you are dealing with is not licensed or providing adequate service, contact Service Nova Scotia and Municipal Relations.

This government department is responsible for examining and licensing many business people, including collection agencies, cemetery and funeral services, direct sellers, and mortgage brokers and lenders.

Consumer complaints about the practices of licensed individuals are carefully investigated, particularly those related to trust monies.

For more information, contact:
Phone (*Halifax*): (902) 424-5200
Toll-free: 1-800-670-4357

Concerns about Insurance and Financial Institutions

If you are concerned about the business practices of financial institutions such as trust and loan companies, credit unions, and insurance companies or agents, contact the Department of Environment and Labour, Financial Institution Division.

For more information, contact:
Phone: (902) 424-6331
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/enla/fin/fininst.htm

Concerns About Investments

The Nova Scotia Securities Commission protects investors from practices and activities that tend to undermine their confidence in the fairness and efficiency of securities markets. Call the Commission for a free copy of the brochure, *Protecting Your Finances: How To Avoid Investment Fraud and Scams.*

For more information, contact:
Nova Scotia Securities Commission
Joseph Howe Building
2nd Floor, 1690 Hollis Street
PO Box 458, Halifax, NS B3J 2P8

Phone: (902) 424-7768
Website: www.gov.ns.ca/nssc

Debtor Assistance

This service provides financial counselling and assistance through legal options under the Bankruptcy and Insolvency Act. These programs may provide you with flexibility in restructuring and repaying your debt.

For more information, contact:
Service Nova Scotia and Municipal Relations
Phone: (902) 424-5200
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/snsmr/consumer/debtor/

Nova Scotia Office of the Ombudsman

The office of the Ombudsman provides an independent, impartial, and unbiased investigation into complaints against provincial and municipal government departments, agencies, and officials. Individuals are encouraged to

contact this office after you have advised the government body of your concerns and have not been able to have the complaint resolved.

For more information, contact:
PO Box 2152
Halifax, NS B3J 3B7

Phone: (902) 424-6780
Toll-free: 1-800-670-1111

Residential Tenancies and Condominiums

Tenancy complaints between landlords and tenants are mediated by staff at Service Nova Scotia and Municipal Relations. Issues dealt with may involve the return of security deposits, unpaid rent, the condition of an apartment, discontinuance of services, or other problems. Call today for information.

Condominiums are also registered with the department. If you have a concern about the declaration, by-laws, and rules governing your condominium unit, contact the department for assistance.

For more information, contact:
Service Nova Scotia and Municipal Relations
Phone: (902) 424-5200
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/snsmr/consumer/resten

Insurance

Overview

Hints for Consumers

Because of the importance of insurance in our lives, before you purchase insurance, it would be wise to consult with a qualified insurance agent or broker who is able to assess your needs and give you advice on how to meet them. Regardless of the type of insurance you are purchasing, it can pay to shop around. Obtain quotations from a number of insurance providers and compare both the coverage and the price.

Life Insurance

For many people, the major obstacle to purchasing life insurance is the existence of medical problems. In some cases, seniors have health conditions that would result in denial of application for life insurance. Some companies will issue policies with a moderate amount of life insurance, say $25,000, to anyone, regardless of health conditions.

Home Insurance

Seniors who own homes or condominiums or who live in rented premises should have their property insured.

Automobile Insurance

Contact the Senior Citizens' Secretariat at **1-800-670-0065**, for brochures about auto insurance.

Health Insurance

Health insurance plans cover some of the health benefits not provided by your provincial health care program, such as semi-private hospital rooms, ambulance benefits, and vision care. Dental insurance is also available.

Travel Health Insurance

Travellers would be wise to purchase travel health insurance if they are leaving Canada even for just a few hours. You may even consider purchasing it when you travel to another province, since some health services, such as ambulance fees, are not covered when you are there. Travel health insurance policies are available from a number of sources, including insurance agents or brokers and travel agents.

Insurance Providers

Refer to the yellow pages of your telephone directory for local information on insurance providers.

Office of the Superintendent of Insurance

This Office enforces the Insurance Act. It licenses all insurers operating in the province and all insurance agents/brokers, agencies, and adjusters. The Superintendent has the authority to take disciplinary actions if the Act is not followed. The Office responds to complaints, inquiries, or information about insurance matters, but does not settle insurance claims.

A Consumer's Guide to Buying Auto Insurance is available from the office.

For more information, contact:
PO Box 2271
Halifax, NS B3J 3C8

Phone: (902) 424-6331
E-mail: fininst@gov.ns.ca

Consumer Advocate for Auto Insurance

The Consumer Advocate listens to the concerns of individuals and groups regarding automobile insurance. This public input is used to develop more consumer-friendly policies.

For more information contact:
George Jordan, Consumer Advocate
Environment and Labour
Phone: (902) 424-2794
Toll-free: 1-800-898-7668
E-mail: jordangw@gov.ns.ca

Insurance Bureau of Canada (IBC)

IBC is the national trade association of insurance companies. Its members insure the homes, cars, and businesses of Canadians.

For more information, contact:

IBC Atlantic Regional Office
1969 Upper Water Street, Suite 1706
Halifax, NS B3J 3R7

Phone: (902) 429-2730 ext. 227
Toll-free: 1-800-565-7189
Website: www.ibc.ca

Canadian Life and Health Insurance Association

This association represents the interests of insurance companies whose members provide life and health insurance. Contact the Association's Consumer Assistance Centre for information and brochures. The Centre can also help you resolve concerns and complaints or help you locate the lost policies of a recently deceased family member.

For more information, contact:
Toll-free: 1-800-268-8099
E-mail: CAC@clhia.ca
Website: www.clhia.ca

Elder Abuse

Elder abuse is any action or inaction that threatens the health or well-being of a senior. This includes all types of abuse such as physical, sexual, emotional and financial abuse as well as neglect and self-neglect. Elder abuse can happen anywhere—at home, in the community or in care facilities. If you or someone you know has been abused there are people and organizations who can help, including the following:

Senior Citizens' Secretariat: For information about programs and services relating to elder abuse or advice about who to contact for help, call the Secretariat toll-free at **1-800-670-0065**.

Police: Abuse is a crime and may fall under the Criminal Code. If you know of a senior who you suspect is being abused, it is your duty to report it. If the situation is an emergency or if it could be dangerous, call **911**.

Adult Protection: If you know of a senior in need of protection, call Adult Protection Services at the Department of Health at **1-800-225-7225**. Adult protection workers can intervene and offer services to help those in need of protection to live safely. They can also answer questions about the Adult Protection Act. (See page 102 for more information.)

Help Lines

(See page 31 for more information.)

Criminal Injuries Counselling Program

If you have been the victim of a violent crime (including home invasion) in Nova Scotia, you may be eligible for paid professional counselling services to help you deal with the trauma resulting from the crime.

For more information, contact:
Department of Justice
Policing and Victim Services Division
Phone: (902) 424-2056
Toll-free: 1-888-470-0773
E-mail: vicserv@gov.ns.ca

Victim Services

See page 66 for information about this service that helps individuals victimized by crime.

Did You Know?

Physical activity is one of the most important things you can do to maintain your physical and mental health and quality of life as you get older.

Safety and Fraud Prevention

Senior Citizens' Secretariat

A big issue for many seniors is safety—both physical and financial. Many organizations are available to help keep you safe but your best defence is your own common sense and knowledge about how to protect yourself.

The Senior Citizens' Secretariat has many brochures and videos on seniors' safety. For more information call the Secretariat at **1-800-670-0065**.

ABCs of FRAUD

(Scotiabank Fraud Awareness Program)

Consumer fraud, the #1 crime against seniors, can create serious health and financial problems. Public awareness is the most effective defence.

In Nova Scotia, *The ABCs of Fraud* program is now managed by the Rotary Club of Halifax. This program is an educational and interactive mix of presentations, skits, exercises and discussions to help you recognize potential frauds and learn effective ways to protect yourself. If your organization would like to arrange a free presentation for your group, please contact the Seniors' Secretariat which will direct your call.

Phone: (902) 424-0065 (Metro)
Toll Free: 1-800-670-0065

Partners Against Crime and Theft (PACT)

This program, sponsored by a partnership of government and non-government organizations, addresses the problem of fraud and other thefts.

PACT focuses on educating seniors about telefraud and thefts. It also suggests ways to report suspected fraudulent activities. Victims of telemarketing fraud in Nova Scotia lose more than $4,000 per incident. Many of these victims are seniors.

If you think you have been approached by a telemarketing fraud firm or feel you may be a victim, call:

- **Your local police service**
- **Better Business Bureau of Nova Scotia**
  Toll-free: 1-800-422-5413
- **PhoneBusters**
  Toll-free: 1-888-495-8501

For a copy of PACT's information brochure, call the Senior Citizens' Secretariat, at **1-800-670-0065** or visit www.gov.ns.ca/scs

RCMP Seniors' Safety Program

This program invites you to talk to an RCMP representative in your own home about your safety concerns. It is a way for seniors and the RCMP to work together to help prevent crime and keep communities safe.

The program provides information on personal safety and household security, consumer frauds and scams, health and medication safety, and general information about the legal system. The program is free of charge.

For more information, contact:

RCMP "H" Division
Sergeant Dale McLeod,
Community Policing
PO Box 2286, 3139 Oxford Street
Halifax, NS B3J 3E1

Phone: (902) 426-7075
E-mail: dale.mcleod@rcmp-grc.ca

Annapolis County RCMP
Sharon Elliott
Bridgetown, NS
Phone: (902) 665-4481
(902) 825-2000
(902) 638-8825

Antigonish RCMP
Kim Timmons
Phone: (902) 863-6500

Cole Harbour RCMP
Brian Veinot
Phone: (902) 426-8703

Digby RCMP
Brenda Lewis
Phone: (902) 245-2579

Enfield RCMP
Dolly Mosher
Phone: (902) 883-1569

Fall River RCMP
Charles Wagner
Phone: (902) 860-4362

Pictou County RCMP
Barbara Dewtie
Stellarton, NS
Phone: (902) 396-3855

Queens County RCMP
Linda Wentzell
Milton, NS
Phone: (902) 354-3691

Windsor RCMP
Bonnie Cookson
Phone: (902) 798-2207

Did You Know?

Walking, stretching, and keeping your muscles in good condition will help you maintain your independence.

Highway Help Program

The Canadian Association of Chiefs of Police have created a program to ensure highway safety. *Call Police* signs hook onto car windows, making them visible to passing motorists. Their purpose is to alert other drivers that help is needed and to call the police. Once the police are notified, an officer will be dispatched to assist the stranded driver. This system prevents drivers from having to leave their vehicle, especially in unsafe weather conditions.

Call Police signs are available at Canadian Tire Stores.

For more information, contact:
Toll-free: 1-888-466-5486
Website: www.highwayhelp.org

Safely Home: Alzheimer Wandering Registry

The Alzheimer Society of Canada, in cooperation with the RCMP and local police, offers a program to ensure those with Alzheimer's, who may wander away from home, are returned safely.

After the completion of the program's registration form and payment of a $25 registration fee, the participant will receive a bracelet, ID card, and a caregiver handbook.

For more information contact:
Alzheimer Society of Nova Scotia
Phone: (902) 422-7961
Toll-free: 1-800-616-8816

Become more physically active.

The more you move, the better you feel!

Telephone Contact Programs

Telephone contact programs are available in various Nova Scotia communities to ensure seniors who live alone have regular contact with others. If you would like to participate, contact the program nearest you.

Seniors Check-In Program

(Bridgewater)

Contact:
Constable Greg Smith
Bridgewater RCMP
Phone: (902) 527-5555

Northwood Telecare

(Halifax Regional Municipality)

This service offers a reassuring daily phone call to seniors or medically-at-risk people who live alone. If there is a problem, a family member or friend can be notified.

Phone: (902) 421-6387

Personal Emergency Response Systems

A personal emergency response system allows seniors immediate, 24 hour access to emergency help at the touch of a button. It also allows seniors' families and friends to be reassured by knowing their loved ones are safe. There are several emergency response systems to choose from and fees for the systems average $1 a day.

For more information about the emergency response systems available in the marketplace, contact the organizations below:

Northwood Lifeline

Phone: (902) 492-3346
Toll-free: 1-800-461-3346

Cape Support Systems Inc.

Phone: (902) 563-4020
Toll-free: 1-866-635-1591

Family 1st Medical

Phone: (902) 681-0202
Toll-free: 1-800-565-2021

Medic Aid Response Systems

Phone: (902) 454-8877
Toll-free: 1-800-565-9135

Emergency Medical Information

Vial of Life

The *Vial of Life* provides emergency medical personnel with vital and perhaps life-saving medical information about you if they are called to your home and find you unconscious or very ill.

The vial is a small plastic container. It contains a specially designed form on which you record medical information such as your name, medical history, allergies, medications, blood type, and a contact person. The vial is kept inside your fridge and a *Vial of Life* magnet is placed on the outside of your fridge to alert emergency personnel to your vial.

Thanks to the efforts of local sponsors, the *Vial of Life* kits are now available free of charge in many communities. To find out who to contact in your area, call the Senior Citizens' Secretariat at **1-800-670-0065.**

MedicAlert and Canadian MedicAlert Foundation

MedicAlert gives first-responders and health-care professionals instant access to a member's personal and medical information in an emergency.

The medical identification service offers you the following items: a customized bracelet or necklet inscribed with your ID number; a 24-hour emergency hotline available in over 100 languages, anywhere in the world; a computerized member record; and a wallet card.

MedicAlert cannot be purchased in retail outlets. Enrollment forms can be found in doctor's offices, clinics, pharmacies, and hospitals, or on the MedicAlert website. You can also call the national office and enroll by phone.

For more information, contact:
Canadian MedicAlert Foundation
2005 Sheppard Avenue East, Suite 800
Toronto, Ontario M2J 5B4

Toll-free: 1-800-668-1507
E-mail: meinco@medicalert.ca
Website: www.medicalert.ca

Nova Scotia Emergency Measures Organization (EMO)

EMO is responsible for providing a prompt and coordinated response to emergencies. A number of pamphlets have been developed to prepare citizens for emergencies related to floods, winter power failures, severe storms, winter driving and preparing for the woods.

For more information, contact:
PO Box 2581
Halifax, NS B3J 3N5

Phone: (902) 424-5620
Website: www.gov.ns.ca/emo

Housing

Various government departments and the private sector are involved in the provision of housing and care for seniors. Information on specific types of housing can be found elsewhere in *Programs for Seniors*. Just turn to the page numbers listed below.

Housing and Care Options for Seniors

Page No.	Type of Housing or Care Facility	Description
81	Houses, Condominiums, and Apartments	Personal dwellings that are available for purchase or rent in the private market.
81	Co-operative Housing	Housing units generally owned by a not-for-profit community group that has incorporated to provide housing for its members.
	Public Non-Profit Housing	
81	Seniors Self-Contained Apartments	Affordable apartment style rental units for low-income seniors and other individuals in need.
81	Congregate Housing/ Supportive Housing	Seniors apartment buildings with a live-in attendant who provides residents with some assistance or referrals.
81	Enriched Housing Projects	Apartment-style rental units for low-income seniors which are connected directly to nursing homes. Residents are able to purchase the support services they need such as meals, housekeeping, laundry, personal care, etc.
82	Assisted Living Facilities	Privately-owned facilities designed to meet the needs of independent seniors who require accommodation and access to services such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities. These homes are not licensed to provide care.
84	Boarding Homes	Private homes providing accommodation, meals, and some support services to seniors. These homes are not licensed to provide care.
98	Community Based Options for Seniors	Homes approved by the Department of Health to provide accommodation and Level 1 care* for one to three seniors.
98	Residential Care Facilities	Licensed facilities providing accommodation and Level 1 care* to four or more persons.
98	Nursing Homes	Licensed facilities providing accommodation and primarily Level 2 care** for one or more persons.

* *Level 1 Care:* For those who need some supervision and limited help with personal care.

** *Level 2 Care:* For those who require help with personal care and professional nursing care.

Houses, Condominiums, and Apartments

A variety of housing options for seniors are available for purchase or rent in the private market.

Co-operative Housing

A co-operative housing complex is generally owned by a not-for-profit community group that has incorporated to provide housing for its members.

For more information, contact:
Co-operative Housing Foundation of Canada
Nova Scotia Office
1099 Marginal Road, Suite 201
Halifax, NS B4E 4P7

Phone: (902) 423-7119
Toll-free: 1-866-213-2667
Website: www.chfc.ca

Public Non-Profit Housing

Information about seniors self-contained apartments, congregate housing/supportive housing, and enriched housing is available from your local housing authority. See listing on this page.

Seniors' Self-Contained Apartments

These apartment style rental units, located throughout Nova Scotia, have affordable rental rates for seniors and individuals in need. Some apartments are designed for those with physical disabilities. Rent is based on an established graduated income rental scale. For a list of these apartment buildings call your local housing authority listed below.

Congregate Housing/ Supportive Housing

These seniors apartment buildings have a live-in attendant who provides residents with some assistance or referrals. For a list of these complexes, call your local housing authority listed below or the Senior Citizens' Secretariat at **1-800-670-0065**.

Enriched Housing

These apartment style rental units are connected directly to nursing homes. Residents are able to purchase the support services they need such as meals, housekeeping, laundry, personal care, etc. For a list of these complexes, call your local housing authority listed below.

Housing Authorities

Annapolis Valley Housing Authority
1005 Kentucky Court
New Minas, NS B4N 4N1
Phone: (902) 681-3179
Toll-free: 1-800-441-0447

Cape Breton Island Housing Authority
18 Dolbin Street
PO Box 1372
Sydney, NS B1P 6K3
Phone: (902) 539-8520
Toll-free: 1-800-565-3135

Cobequid Housing Authority (Amherst)
144 Victoria Street East
PO Box 753
Amherst, NS B4H 4B9
Phone: (902) 667-8757
Toll-free: 1-800-939-3996

Truro
9 Church Street
Truro, NS B2N 3Z5
Phone: (902) 893-7235
Toll-free: 1-877-846-0440

Eastern Mainland Housing Authority
176 Archimedes Street
PO Box 116
New Glasgow, NS B2H 5E1
Phone: (902) 752-1225
Toll-free: 1-800-933-2101

Metropolitan Housing Authority
2131 gottingen Street, 5th Floor
Halifax, NS B3K 5Z1
Phone: (902) 420-6000
Toll-free: 1-800-565-8859

South Shore Housing Authority
821 King Street, Suite 4
Bridgewater, NS B4V 1B7
Phone: (902) 543-8200
Toll-free: 1-888-845-7208

Tri County Housing Authority
368 Main Street, Suite 206
Yarmouth, NS B5A 1E9
Phone: (902) 742-4369
Toll-free: 1-800-306-3331

Housing Authority Boards

Each of the seven housing authorities has a Board which includes a tenant representative. These Boards are responsible for tenant and applicant related issues and complaints. Normally tenants and applicants will attempt to sort out their concerns with housing authority staff. However, if either party is dissatisfied with the staff decision they may appeal the decision to the Board. All requests for an appeal can be addressed to the Chairperson of the respective housing authority listed above.

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- Weekly medication management
- Pharmacy, physician offices and physiotherapy clinic located on campus
- Health Resource Centre located on campus

Shoreham Village has private assisted living rooms, one and two bedroom assisted living apartments and self sufficient apartments.

For information concerning availability contact:
Brian Selig
Administrator
Shoreham Village
(902) 275-5631

SHOREHAM VILLAGE

Assisted Living Facilities

These privately owned facilities are designed to meet the needs of independent seniors who require accommodations and access to services such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities. The homes are not licensed to provide care. Accommodation and service fees vary.

Metro Region

Arborstone Enhanced Care
126 Purcell's Cove Road
Halifax, NS B3P 1B5
Phone: (902) 477-8051
E-mail: aecreception@shannex.com

The Berkeley

Halifax
Green Street
Phone: (902) 429-2222

Dartmouth
Eisner Boulevard
Phone: (902) 434-9415

Bedford
Convoy Run
Phone: (902) 835-6222

Kingswood Residence
Phone: (902) 835-4998
E-mail: kconeca@aol.com
Contact: Kris and Mariola Ganski

Maplestone Enhanced Care
245 Main Avenue
Halifax, NS B3M 1B7
Phone: (902) 443-1971
E-mail: mecreception@shannex.com

Melville Heights
24 Ramsgate Lane
Halifax, NS B3P 2R6
Phone: (902) 477-3313

Northwood
Northwood Apartments offers

- independent living apartments
- Northwood Assisted Living
- Northwood Enriched Living
- Special Needs of Deaf Seniors

For more information, contact:
Northwood Resident Services
Phone: (902)454-3356

Parkland Estates Halifax

Aberdeen Hall, Bradford Hall, Cameron Hall
3 Fairfax Drive
Halifax, NS B3S 1J3
Phone: (902) 457-0234
Website: smartell@shannex.com

Parkstone Enhanced Care and DePaul Hall
156 Parkland Drive
Halifax, NS B3S 1N9
Phone: (902) 446-7275
E-mail: pecreception@shannex.com

Victoria Hall
2438 Gottingen Street
Halifax, NS B3K 3B9
Phone: (902) 422-3969
Website: www.victoriahall.ca

Cape Breton Region

Harbourstone Enhanced Care
84 Kenwood Drive
Sydney, NS B1S 3V7
Phone: (902) 539-4560
E-mail: jgriffen@shannex.com

Williston House
65 Churchill Drive
Sydney, NS
Phone: (902) 539-5267
E-mail: dmacneil@coveguesthome.com
Website:www.coveguesthome.com

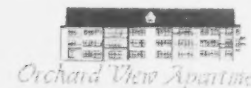
North Shore Region

Cedarstone Enhanced Care/Parkland Estates
378 Young Street
Truro, NS B2N 7H2
Phone: (902) 895-2891
E-mail: thefferan@shannex.com

Valley Region

Gladys M. Manning Retirement Community
530 College Road
Windsor, NS B0N 2T0
Phone: (902) 798-0441
Email: spencerhome@health.nb.ca

Kingsway Gardens Retirement Residence
Phone: (902) 798-5075
Toll-free: 1-877-898-2122
Email: kingsway.gardens@ns.synpatico.ca
Website: www.kingswaygardens.ns.ca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5909 Veteran's Memorial Lane
Halifax, N.S. 473-7887
40 Spruce St.,
Sydney, N.S. 539-3660
Or Call
New Glasgow 752-4117
Yarmouth 663-2401
Kentville 678-0644
Toll Free 1-800-361-5939

TOLL FREE
1-800-361-5939

Orchard View Apartments
c/o Grand View Manor
110-A Commercial Street
Berwick, NS B0P 1E0
Phone: (902) 538-3118

Boarding Homes

These private homes provide accommodation, meals, and support services to seniors. They are not licensed to provide care and are unregulated. Before deciding if one of these facilities is right for you, consider visiting the home to view the accommodations. Find out about the services it offers and its fees.

You may apply to boarding homes directly and pay the accommodation and service fees yourself. Should your resources not be sufficient to support these fees, you may call the Continuing Care toll-free line at **1-800-225-7225**, for consultation about placement in a facility that participates in the Department of Health's single entry access system for continuing care.

Housing Services, Department of Community Services

Housing Services is responsible for provincial housing initiatives including program delivery, social housing operation, and residential land development. Services are provided through four regional offices and seven housing authorities. Contact information for the Regional and District Housing Offices can be found below. Housing Authorities are listed on page 81.

For more information, contact:
Housing Services Head Office
PO Box 696
Halifax, NS B3J 2T7

Phone: (902) 424-3280
Website: www.gov.ns.ca/coms/hous

Regional/District Housing Offices

Amherst District Office
144 East Victoria Street
PO Box 486
Amherst, NS B4H 4A1
Phone: (902) 667-1161
Toll-free: 1-800-933-2101

Bridgewater District Office
821 King Street, Suite 4
Bridgewater, NS B4V 1B7
Phone: (902) 543-7336
Toll-free: 1-800-278-2144

Cape Breton Regional Office
Provincial Building
360 Prince Street, Suite 22
PO Box 1267
Sydney, NS B1P 5L1
Phone: (902) 563-2120
Toll-free: 1-800-567-2135

Central Regional Office
176 Archimedes Street
PO Box 481
New Glasgow, NS B2H 5E5
Phone: (902) 755-5065
Toll-free: 1-800-933-2101

Metro Regional Office
PO Box 2462
2131 Gottingen Street, Suite 502
Halifax, NS B3J 3E4
Phone: (902) 424-5110
Toll-free: 1-800-774-5130

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We offer ***affordable living*** within an ***independent or enriched apartment*** setting.

We're also a Community Centre with over 30 regularly scheduled programs and many special events geared to the active older adult.

We're Lifeline, a provincial service providing peace of mind to over 2,400 older adults and people at risk living in Nova Scotia through a personal emergency response service.

We're Telecare offering a free daily call of assurance to older adults who live alone in the community.

Call us for more information 454-8311

Truro District Office
9 Church Street
Truro, NS B2N 3Z5
Phone: (902) 893-5999
Toll-free: 1-800-933-2101

Western Regional Office
101 Maggee Drive
PO Box 1000
Middleton, NS B0S 1P0
Phone: (902) 825-3481
Toll-free: 1-800-564-3483

Home Improvement Grants and Loans

The following home improvement grants and loans programs are offered through the Department of Community Services, Housing Services. The programs are intended to help low income seniors and families maintain their homes:

- Access-A-Home Program
- Emergency Repair Program
- Family Modest Housing Program
- Home Adaptations for Seniors' Independence
- Parent Apartment Program
- Provincial Housing Emergency Repair Program
- Residential Rehabilitation Assistance Programs
- Senior Citizens' Assistance Program
- Small Loans Assistance Program
- Home Preservation Program (Affordable Housing Program)

For more information or to apply for a home-improvement grant or loan, contact the Regional or District Housing Office nearest you.

Grants for Home Repairs
(do not have to be repaid)

Provincial Housing Emergency Repair Program (PHERP)

Provides grants of up to $5,000 to lower-income households to carry out emergency and health and safety-related repairs to their homes. The income limit on eligibility varies depending on location and household size.

Senior Citizens' Assistance Program (SCAP)

Provides grants of up to $5,000 to seniors who are at least 65 years of age, to carry out emergency and health and safety-related repairs to their homes. The amount of the grant available depends on the household income level. The income limit for eligibility varies depending on location and household size.

VICTORIA HALL
A gracious residence for senior women since 1860.

Active, independent living in a home-like setting. Three floors of single rooms are furnished by residents and are accessible by elevator. Room, meals, staff supports, laundry, and activities at an affordable rate.

Long and short term guests are welcome.

For tours and further details please call:
422-3969

Access-A-Home Program

Provides grants of up to $3,000 to help homeowners renovate their homes to make them wheelchair accessible. The amount of the grant available depends on the applicant's income level. The annual income limit for eligibility is $30,000.

Emergency Repair Program (ERP)

Assists eligible homeowners in rural areas to carry out urgent repairs to deal with health and safety hazards. Examples include repairs to unsafe wiring and heating systems and installing new wells and septic systems. The maximum grant available is $6,000. The income limit for eligibility varies, depending on location and household size.

Provincial Loan and Mortgage Programs

Family Modest Housing Program

Provides mortgage funds of up to $70,000 for Nova Scotians to build or buy a modest house. Annual income must be less than $50,000.

Parent Apartment Program (PAP)

Provides homeowners with loans of up to $25,000 for the creation of affordable accommodation for family members who are at least 50 years of age. Parent apartments may be located either within or attached to existing single-family houses. The annual income of the parent(s) must be less than $20,000.

Small Loans Assistance Program (SLAP)

Provides homeowners with loans of up to $20,000 for home renovations, additions, or repairs. Annual income must be less than $35,000.

Help for Major Repairs and Adaptations

Residential Rehabilitation Assistance Program (Homeowner RRAP)

Provides a forgivable loan of up to $16,000 to qualifying homeowners who own and occupy sub-standard housing, to make repairs so that the home will meet minimum health and safety standards. The amount of assistance available depends on the cost of modifications. The income limit for eligibility varies depending on location and household size.

Disabled Residential Rehabilitation Assistance Program (Disabled RRAP)

Provides a forgivable loan of up to $16,000 to qualifying homeowners to carry out work needed to modify homes occupied by someone with a disability. The amount of assistance available depends on the cost of the modifications, household income, and household size. The income limit for eligibility varies, depending on location and household size.

Home Adaptations for Seniors' Independence (HASI)

Provides financial assistance of up to $3,500 to qualifying homeowners and tenants who have

Seaview Manor Corporation

Seaview Manor is a fully accredited continuing care facility.

101 permanent beds
2 respite beds

Seaview Manor Corporation will provide continuing care to residents of the Cape Breton District Health Authority.

Programs and services will be based on assessed needs, keeping in mind quality-of-life, respect and dignity of all.

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(902) 849-7300

their landlord's consent, to carry out home adaptations needed to extend the time that lower-income seniors, who are at least 65 years old, can live in their home independently. The income limit for eligibility varies, depending on location and household size.

Home Maintenance

Energy Use in the Home

The Nova Scotia Department of Energy provides a toll free telephone line for Nova Scotians who have questions about energy use in the home, including insulation, windows, heating systems, condensation, and energy conservation.

For more information, contact:
Toll-free:1-800-670-4636
Website: www.gov.ns.ca/energy

Nova Scotia Home Builders Association (NSHBA)

A helpful information package on home renovations, including a list of members who are professional, reputable renovators, is available from NSHBA, a non-profit organization of independent home builders, renovators, and corporate members. The association works to improve the housing industry.

For more information, contact:
15A Oland Crescent (Bayers Lake Business Park)
Halifax, NS B3S 1C6

Phone: (902) 450-5554
Toll-free: 1-800-668-2001
E-mail: nshba@nshba.ns.ca
Website: www.nshba.ns.ca

This fall, get your flu shot. It could save your life!

Provincial Health Services

Nova Scotia's Health Care System

The Nova Scotia government is committed to ensuring that everyone in Nova Scotia has access to a quality health care system that is integrated, community-based, and sustainable.

Nova Scotia's health system is comprised of the Department of Health, Office of Health Pro-motion, nine District Health Authorities (DHAs), 37 Community Health Boards (CHBs), and a Provincial Health Care Centre. Each organization has an important role to play in planning for and delivering health care services to Nova Scotians.

Office of Health Promotion

The Office of Health Promotion is working to improve the long-term health and physical well-being of Nova Scotians by reducing health disparities and providing opportunities to live a healthy lifestyle. The office is responsible for sport and recreation, tobacco control, addiction services, preventative health, injury prevention, and healthy eating.

For more information, contact:
Louann Scallion-Morine
PO Box 488
Halifax, NS B3J 2R8

Phone: (902) 424-4807
E-mail: morinelm@gov.ns.ca

Nova Scotia Department of Health

The Department of Health has many responsibilities related to the overall functioning of the health care system, including health planning and evaluation. It is also responsible for the province-wide management and delivery of Insured Services, Emergency Health Services, and Continuing Care Services.

For general information, contact:

Department of Health
Joseph Howe Building, 1690 Hollis Street
PO Box 488
Halifax, NS B3J 2R8

Phone: (902) 424-5818
Toll-free: 1-800-387-6665

District Health Authorities and Community Health Boards

Many community programs and services are offered through the District Health Authorities. Together with the Community Health Boards in each health district, District Health Authorities work hard to understand communities and plan health services and programs to meet the needs of local people.

District Health Authorities are responsible for hospitals and offer a full range of patient care programs and support services. They also offer health promotion, primary prevention, and treatment programs through public health, mental health, addiction services, and provincial programs.

Community Health Boards are made up of volunteers who work with residents of the health districts to build a health system that meets the needs of local communities and improves health. Community Health Boards develop health plans for local needs, help support local health initiatives, engage in public consultation, and nominate individuals for membership on the Board of Directors of District Health Authorities.

For more information, contact:

South Shore Health
Serving Lunenburg and Queens Counties
90 Glen Allan Drive
Bridgewater, NS B4V 3S6

Phone (Liverpool area): (902) 527-5202
(902) 354-3436

South West Health
Serving Shelburne, Yarmouth, and Digby Counties
Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5

Phone: (902) 742-3541 ext. 117

Annapolis Valley Health
Serving Annapolis and Kings Counties
PO Box 490, 121 Orchard Street
Berwick, NS B0P IE0

Phone: (902) 538-3431

Colchester East Hants Health Authority
Serving Colchester County and most of the Municipality of East Hants
Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1

Phone: (902) 893-5554 ext.2119

Cumberland Health Authority
Serving Cumberland County
34 Prince Arthur Street
Amherst, NS B4H 1V6

Phone: (902) 661-1090

Pictou County Health Authority
Serving Pictou County
Aberdeen Hospital
835 East River Road
New Glasgow, NS B2H 3S6

Phone: (902) 752-8311

Guysborough Antigonish Strait Health Authority
Serving Antigonish, Guysborough, Richmond Counties and the southern portion of Inverness County
St. Martha's Regional Hospital
25 Bay Street
Antigonish, NS B2G 2G5

Phone: (902) 867-4273

Cape Breton District Health Authority
Serving Cape Breton, Victoria, and Inverness Counties
235 Townsend Street
NSPC Building 2nd floor
Sydney, NS BIP 5E7

Phone: (902) 563-2402

Capital Health
Serving Halifax Regional Municipality, West Hants, and Mount Uniacke
Suite 2142, 1796 Summer Street
Halifax, NS B3H 3A7

Phone: (902) 473-2058

Provincial Health Care Centre
IWK Health Centre
PO Box 9700
5850/5980 University Avenue
Halifax, NS B3K 6R8

Phone: (902) 470-6629
Toll Free: 1-888-470-5888
Website: www.iwk.nshealth.ca

Nova Scotia Health Insurance

Nova Scotia's health insurance plans, generally referred to as Medical Services Insurance (MSI), provide eligible residents with coverage for medically required hospital, medical, dental, and optometry services, with some restrictions.

The pamphlet, *Insured Health Services in Nova Scotia*, provides detailed information about eligibility, registration, and the plans themselves. Copies are available from the MSI office.

For more information, contact:
Medical Services Insurance (MSI)
7 Spectacle Lake Drive
Dartmouth, NS B3B 2S1

Phone: (902) 496-7008
Toll-free: 1-800-563-8880

Eligibility

To be eligible for insured health services under the health insurance plans you must be:

- a Canadian citizen or be legally entitled to remain in Canada
- a permanent resident of Nova Scotia
- ordinarily present in Nova Scotia for at least six months in a 12 month period.

Some people are not eligible for insurance coverage in Nova Scotia, as they are covered by other health plans. These include: regular members of the RCMP and the Canadian Forces, tourists and visitors to the province, students from other provinces, and inmates of federal penitentiaries.

Persons moving to Nova Scotia from elsewhere in Canada will become eligible for insured health services programs on the first day of the third month following the month in which they become a resident of Nova Scotia.

During this waiting period, you will continue to receive coverage from your former province of residence. It is your responsibility to contact that province to ensure your coverage is continued.

Persons from outside Canada establishing permanent residence in Nova Scotia may apply for coverage. Please contact the MSI office for details.

Registration

You can register through the MSI office by phone or in person.

Nova Scotia Health Cards

When your application has been processed, each member of your family will receive a Nova Scotia Health Card which must be presented whenever you require insured services. Please carry your signed health card with you at all times.

Renewal

Nova Scotia Health Cards have a four-year term. Renewal notices will be mailed three months prior to the expiry date. There is no charge to renew your card. If you use an expired health card, you may be asked to pay for services.

Lost or Stolen Cards

There is a $10 charge to replace a lost or stolen card. Visit or contact the MSI office at the address and phone number listed above.

Change of Address

It is in your best interest to ensure MSI has your most up-to-date contact information and mailing address. When you have a new address, you should contact MSI.

A regular pap test could save your life!

Ambulance Services

You are highly advised to call Emergency Health Services (EHS) ambulance for medical emergencies. Dial **911** for help. Highly trained paramedics can provide immediate assistance to minimize further injury, especially in cases of suspected stroke or heart attack. Payment plans are available, so don't let the cost of an ambulance prevent you from calling 911. It can make the difference between life and death. If your ambulance bill is related to a motor vehicle accident or work-related injury and you have Stipulated Third Party Insurance, you must submit your bill to your insurer for payment.

Users of ambulance services pay a portion of the cost of providing the service.

***Tip:** Since ambulance fees are not an insured service, anyone who travels outside of Nova Scotia may wish to purchase travel insurance to cover ambulance fees incurred in other provinces.*

Ambulance Fees

Payment plans are available to low income seniors upon request. The following fees are subject to change:

No Fee: There is no fee for medically essential transportation between approved health care facilities providing you are a resident of Nova Scotia with a valid MSI card. The same pertains to the transportation of Acute Home Care patients.

$120: Applies to an individual who is transported from an incident location to an approved facility, providing they have a valid MSI card. The same fee will apply to an individual who is transported from an approved facility to their place of residence, with a physician's approval.

Note: The fees listed above pertain to patients who do not have stipulated third-party insurance coverage. The fees below apply only to patients with that insurance coverage.

$150: Applies to a mobility challenged patient whose transport either begins or ends at their place of residence and is to or from an approved facility, physician's office, dentist's office, physiotherapist's facility, or respite care facility. Written approval from a physician is required to obtain the mobility challenged rate.

$600: Applies to an individual who is transported from a motor vehicle collision to an approved facility. The same fee will apply if an individual has a work related injury and Workers' Compensation coverage.

$600: Applies to all non-interfacility transports for Non-Nova Scotian, Canadian citizens.

$900: Applies to all transports for Non-Canadian citizens.

** These rates are subject to change without notice.*

Payment Process

An invoice will be sent to you in the mail advising you of the fee and where to send your payment.

Special Arrangements: If you cannot afford to pay the invoice all at once, contact the billing office nearest you to set up payment arrangements. This will make it possible for you to pay the invoice over time, interest free, until such time as the invoice is paid in full. As long as there is an amount owing, an invoice will be sent to you each month.

Appeal Process: If you feel you have been billed incorrectly or have an issue with the service you received, you should discuss the matter with your local billing office. If the matter cannot be resolved by the billing administrator, you can make a formal appeal. Appeals packages can be obtained through the billing department at the numbers listed below.

For more information, contact:
EHS NS Billing Administration
Phone: (902) 832-8337
Toll-free: 1-888-280-8884
or
Paul Maynard, Supervisor
Phone: (902) 832-5500
E-mail: pmaynard@emci.ns.ca
Website: www.gov.ns.ca/health/

Seniors' Pharmacare Program

Pharmacare is a provincial drug insurance plan that helps seniors with the cost of their prescription drugs. More detailed information is available on the Department of Health website at www.gov.ns.ca/health/pharmacare .

To request a print copy of the website information, contact the Senior Citizens' Secretariat at **1-800-670-0065**.

To apply for Pharmacare, contact:
Seniors Pharmacare Program
PO Box 9322, Station A
Halifax, NS B3K 6A1

Phone: (902) 429-6565
Toll-free: 1-800-544-6191
Website: www.gov.ns.ca/health/pharmacare/

Eligibility

You are eligible to join Pharmacare if:

- You are a Nova Scotia resident.
- You have a valid Nova Scotia Health Card
- You are at least 65 years old; and you do NOT have drug coverage through Veterans Affairs Canada, First Nations and Inuit Health, or a private drug plan*.

Note: *Members of the Public Service Health Care Plan who receive the Guaranteed Income Supplement (GIS) are eligible for Pharmacare.*

New Residents

Seniors who move to Nova Scotia must apply for and receive a Nova Scotia Health Card before applying for Pharmacare.

Benefits

The Nova Scotia Formulary details which drugs and supplies are benefits under the Pharmacare program. The Formulary is managed by a committee of experts who decide which drugs should and should not be covered by Pharmacare. The experts include family doctors, geriatricians, pharmacists, and drug information specialists. The formulary is available on the Department of Health website at: **www.gov.ns.ca/health/pharmacare**.

Coverage

Medications and supplies covered by Pharmacare include:

- Prescribed medicines that are listed as benefits in the Nova Scotia Formulary
- Some prescribed ostomy supplies
- Prescribed diabetic supplies (including testing materials), needles, and syringes

Note: *Medications and supplies must be prescribed by a doctor, dentist, recognized nurse practitioner, or authorized optometrist. Prescriptions must be filled in Nova Scotia to be covered.*

Generic Drugs

Generic drugs are dispensed under Pharmacare. Generic drugs are the same as the name-brand drugs but cost less.

Note: *If you choose a more expensive brand-name drug when a generic brand is available, you will have to pay the difference in price between the two. If you have tried the generic brand and have had a reaction to it, and your doctor reports this reaction to Pharmacare, the program may pay for the brand-name drug.*

Application Process

You are eligible for Pharmacare on the first day of the month in which you turn 65. An information package will be sent to you two to three months prior to that date. Once Pharmacare has received any required payments, prescriptions can be billed to the program. To join the program, you must complete the enclosed application form and send any payment required to Pharmacare.

Note: *When filling a prescription, make sure you notify the pharmacy of your Pharmacare coverage.*

Pharmacare Card

Your Nova Scotia Health Card is also your Pharmacare card. Your card must be shown to the pharmacist to get your Pharmacare benefits.

Annual Renewal

An information package and a form to complete and return to Pharmacare will be sent to you in February or March, provided you were covered by Pharmacare the year before.

Pharmacare Fees

Most seniors who join Pharmacare pay an annual "premium" (membership fee) for coverage under the program. They also pay a "co-payment" fee, which is a portion of the prescription cost for each prescription filled. Pharmacare fees are reviewed annually and are subject to change.

Co-payment

Each time you receive a prescription, you must pay 33 percent of the total prescription cost for each prescription filled, keeping in mind that the minimum co-payment is $3 and the maximum is $30 per prescription. You will not

be required to pay more than $350 a year in co-payment fees. Co-payment fees are paid to your pharmacist when you pick up your prescription. When you have reached your maximum annual co-payment limit of $350, your pharmacist will notify you. Co-payment totals are calculated from April 1 to March 31 each year.

Premium

Depending on your family income, you may be required to pay the full premium, a reduced premium, or no premium at all.

Full Premium: $390 per year.

Reduced Premium: If you are a low-income senior who does not get the GIS, you may qualify for a reduced premium if:

- you are single, and your income is less than $24,000 a year, or
- you are married and your income plus your spouse's income add up to less than $28,000 a year.

Premium Exemption: If you receive the Federal government's Guaranteed Income Supplement (GIS), you are not required to pay the premium unless you have an outstanding balance from the previous year. To find out if you qualify for GIS, call **1-800-277-9914**.

Premium Cost for People Who Apply Late: If you do not apply for Pharmacare coverage within three months of your eligibility date, or decide to leave Pharmacare and join again later, you have to wait 90 days for your coverage to start and pay one and a half times the premium for your coverage for five years.

Payment of Premium: The premium can be paid all at once, quarterly, or monthly via cheque, money order, Visa, MasterCard, or automatic withdrawal. You will get a receipt when you have paid your full premium. Call the Pharmacare toll-free line at **1-800-544-6191** for details.

Refunds: A refund can be requested if a senior moves out of the province or passes away. The refund will be for the number of months left in the year for which the premium was paid.

Travel Arrangements

If you plan to be out of the province for more than 90 days and you need medicine for that time, you can get up to a 180 days supply if your pharmacist or doctor agrees.

Note: *Pharmacare does not pay for prescriptions that you get outside of Nova Scotia. So, if you plan to leave the province, you should arrange for extra health care insurance coverage before you leave.*

Income Tax Deductions

Your premiums and co-payments are eligible to be included in the calculation of your income tax deduction for medical expenses. Review the Canada Customs and Revenue Agency Income Tax & Benefit Guide for more information or contact the Agency for details (see page 65).

Change of Address

If you are moving, contact Pharmacare by mail or phone and advise them your new address.

See contact information on page 92.

Medication Use

A booklet, *Knowledge is the Best Medicine*, is available from the Senior Citizens' Secretariat. It contains useful information about the medicines you take. Call **1-800-670-0065**.

Private Health Insurance

Private insurance carriers offer coverage for health services not covered by the provincial health insurance programs. These include such items as preferred hospital accommodation, prescription drugs, extended health services, and long-term care insurance.

Insurance Providers: The yellow pages of your local telephone directory will list local health insurance providers under the heading of "Insurance, Life and Health."

Continuing Care Services

Continuing care is an integral part of Nova Scotia's integrated health system. It serves people who need ongoing care, either on a long term or short term basis. Services include:

- Home Care
- Long-Term Care (such as a nursing home or a residential care facility)
- Protection for Vulnerable Adults

For specific information on continuing care services, or to talk to a qualified staff person about your needs for care and the services that would best meet them, call the Continuing Care toll-free line from anywhere in Nova Scotia.
Hours (Seven days a week): 8:30 am – 4:30 pm.

For more information, contact:
Toll-free: 1-800-225-7225

Home Care

Home Care provides community based health care services and assistance with the daily activities of living to Nova Scotians of all ages who require support to stay in their homes for as long as it is safely possible. Home Care services are provided to individuals who meet program eligibility criteria and are based on a comprehensive assessment of the person's needs. The services are meant to add to the help people can receive from others, such as family members, the community, or friends. Home Care is always the first option considered for care in the community and Home Care works together with other parts of the health care system.

Home Care services can support and prolong independent community living, prevent or delay admission to either a long term care facility or hospital, and promote earlier discharges of patients from hospital, when appropriate. Home Care also helps clients link to professional services and other community based resources such as Meals on Wheels or foot care clinics. The following direct services available through Home Care are delivered by a network of health care professionals and home support workers. All service providers meet standards for training and competency set by Continuing Care and by their respective professional associations and governing bodies.

Supportive Care

A range of personal care and home support services are available. Personal care services help the client with daily living tasks such as dressing/ undressing, bathing, toilet use, feeding, and/or help with mobilization. Home support services help the client with tasks such as light housekeeping, laundry, and/or meal preparation. In-home respite services for caregivers are also available.

Nursing Services

Home care nurses provide a variety of nursing services in clients' homes. Nursing services through home care include nursing assessment, health teaching, health monitoring and

treatment. Direct nursing care in the home can include activities such as intravenous therapy, dressing changes, catheter care, post-operative care following hip or knee replacement surgery, and/or assistance with medication management.

Home Oxygen

Home oxygen services provide oxygen concentrators and related supplies in the home, to individuals who require long-term oxygen therapy and who meet program and medical eligibility requirements.

Assessment Process

If you require an assessment for Home Care, a care coordinator employed by the Continuing Care branch of the Department of Health will call you and arrange for a time to meet with you to complete the assessment. Urgent assessments take priority and are addressed first.

Ongoing Case Management

The care coordinator provides ongoing monitoring and adjustment of the services, as your needs change. The care coordinator can also help you to connect with programs in the community, such as meal programs or foot care clinics. If your needs exceed what Home Care can provide, your care coordinator will provide you with information that may include an application for long term care placement. Home care services may be provided up to the approximate equivalent of the public cost of a long term care placement. If you require long-term care, they may assist you with the process for placement in a home that will best meet your needs.

Client Fees

Depending on income and family size, there may be a minimal charge to Home Care clients for the supportive care and/or home oxygen services they receive. There are no charges for home care nursing services or for the supplies used during a nursing visit. The fees charged to the client are not intended to recover the full costs of providing the service.

The care coordinator will determine applicable client fees during the assessment. The amount you pay is determined by your income and family size. A sliding fee scale is used and fees for each income category are outlined in a table that is available upon request. There is a monthly maximum amount that any client can be charged, depending on the client income category. Here are a few examples of the fees charged according to annual income and family size:

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www.healthandhomeseniorcare.com

Cancelled Visit Fee:

Effective April 1, 2004, a maximum $50 fee will be charged to clients receiving home support services who do not provide 24 hour notice of cancellation. The fee may be waived under special circumstances.

Annual Family Income

$0 to $18,785

Regardless of family size, there is no charge for supportive care services and no monthly oxygen fee.

$18,786 to $35,570

If you are single, there is a $10 per hour fee for supportive care services, $60 monthly fee for oxygen and a maximum fee of $100 per month. If there are two people in the family there is no charge for supportive care services and no monthly oxygen fee.

$35,571 to $43,823

If you are single, there is a $10 per hour fee for supportive care services, $120 monthly fee for oxygen, and a maximum fee of $200 per month. If there are two people in the family, the hourly rate for supportive services is $10, the monthly oxygen fee is $60, and the maximum fee is $100 per month.

$43,824-$50,075

If you are single, there is a $10 per hour fee for supportive care services, $180 monthly fee for oxygen, and a maximum fee of $300 per month. If there are two people in the family, the hourly rate for supportive care services is $10 per hour, the monthly oxygen fee is $120, and the maximum fee is $200 per month.

For more information, contact:
Continuing Care
Phone: 1-800-225-7225

Long-Term Care

If your care needs exceed what Home Care can provide, Continuing Care Services staff can help with your admission to a licensed long-term care home for seniors, depending on the type of care you need. Call the Continuing Care toll-free line at **1-800-225-7225** for a listing of the homes in your area.

Levels of Care

Seniors who require long-term care usually fall into one of two categories:

- **Level 1 Care:** for those who need supervision and limited help with personal care.
- **Level 2 Care:** for those who require help with personal care and professional nursing care.

One of the biggest differences between the individuals classified as needing Level 1 or 2 care relates to their physical and mental ability to exit from a building unassisted in an emergency. Individuals requiring Level 1 care would be expected to have that ability, whereas those requiring Level 2 care would not.

Other Types of Homes

For information on other types of seniors housing, refer to the following pages: boarding homes (page 84), retirement homes/assisted living facilities (page 83), and enriched housing units (page 81). Many of these facilities offer a range of services to seniors. However, they are not licensed to provide care and their residents are not eligible for financial assistance.

**This fall, get your flu shot.
It could save your life!**

Long-Term Care Homes

Individuals applying for long-term care through the Department of Health's single-entry access system are admitted to one of the following types of homes, depending on their care needs:

Nursing Homes:
These homes are mainly licensed to provide accommodation and primarily Level 2 care. There are 71 nursing homes with a combined total of 5,745 beds. The homes are regulated and regularly inspected by the Department of Health.

All individuals requiring Level 2 care, even those who can afford to pay the cost of care themselves, must apply through the Department of Health's single-entry access system for continuing care, by calling **1-800-225-7225.**

Residential Care Facilities:
These facilities are licensed to provide accommodation and Level 1 care to four or more persons. There are 35 facilities with a combined total of 790 beds. The facilities are regulated and regularly inspected by the Department of Health. Individuals requiring Level 1 care generally apply through the Department of Health's single-entry access system for continuing care, by calling **1-800-225-7225.**

A small number of residential care facilities operate outside of the Department of Health's single-entry access system for continuing care. To access those facilities, you may apply directly to the facility, as long as you can afford to pay their fees indefinitely.

Community Based Options:
These homes are approved by the Department of Health to provide Level 1 care for one to three persons. The cost of care for one or more of the residents in these homes is financed by the Department of Health. Approved homes are inspected by the Department of Health and must follow the Interim Guidelines for Community Based Options. To apply to an approved community based options home, call the Continuing Care toll-free line at **1-800-225-7225.**

Licensing and Standards

Questions about licensing, standards, monitoring, and audits for long-term care facilities should be directed to Donna Dill, Department of Health.

For more information, contact:
Donna Dill, Director, Monitoring and Evaluation, Continuing Care
Department of Health
PO Box 488
Halifax, NS B3J 2R8
Phone: (902) 424-4982

General Information: Long-Term Care

Information on the application and assessment process for placement in a long-term care home is available from the Continuing Care toll-free line.

For more information, contact:
Continuing Care
Toll-free: 1-800-225-7225
Website: www.gov.ns.ca/health

Application/Assessment Process

Contact the Continuing Care toll-free line at **1-800-225-7225**, to apply for a long-term care home. A care coordinator will call you and arrange for a time to meet with you to complete the assessment and application process. Together with you, the care coordinator will determine whether home care or long-term care is best for you. The care coordinator will also collect the information that starts the financial application process for help with nursing home costs.

Eligibility/Approval

After the care coordinator assesses your care needs, they will send your application to an eligibility authority in the Department of Health for final approval to determine the kind of facility that best meets your needs. Your name will then be placed on the waiting list for the homes of your choice, according to the date your application was approved. The Department's eligibility authority decides each case based on an individual's needs, the legislation (Social Assistance Act, Adult Protection Act, Homes for Special Care Act), and the provincial policies.

Eligibility Appeal Process:

If you disagree with the decision made on your eligibility for long-term care, there is an administrative review process. Contact your care coordinator

Choosing a Home:

If you are currently living at home, you will be asked to identify the long-term care home or homes you wish to live in when an opening arises. The nursing homes you select could be in a community where relatives live or anywhere else in Nova Scotia.

Note: *If you agree to be placed on the waiting list for more than one home, you must accept placement in the first home that becomes available.*

Waiting Lists

A person is placed on the waiting list for a long-term care home on the date they are officially confirmed by the Department of Health as needing long term care. The Department of Health co-ordinates the waiting list chronologically by that date.

Waiting for Admission from Home

The amount of time you will be required to wait before being admitted into a home depends on how many people are waiting to get into the home or homes you selected. If your situation worsens after you apply for care and while you are waiting for an opening, your care coordinator can arrange for other services, such as additional home care or respite care. If you feel you need hospital care, don't hesitate to call your family doctor.

Respite Care

Some long term care homes have beds set aside to allow your care needs to be met in a long-term care home while your caregivers have a break. This service is called "respite care". Effective January 1, 2005 there is a provincial

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Email: eldercareatl@hfx.eastlink.ca

standard daily respite charge of $26.63. There is a cap of 28 days per year for respite clients, which ensures equitable access across the community. Assessment and placement is coordinated through the Department of Health by contacting the Continuing Care toll-free line at **1-800-225-7225.**

Refusing Admission from Home

If you are living at home and are offered a place at a long term care facility you had chosen and you refuse to accept it, you will be considered not ready for admission to any home. Your name will then be removed from all waiting lists.

Transferring from One Home to Another

If you are placed in a nursing home and decide you want to move to a different home, contact the Continuing Care toll-free line to arrange for your name to be placed on the waiting list for the facility of your choice.

Waiting for Admission from Hospital

If you are in hospital and the doctors have said you are ready to leave for a long-term care home, you will be offered an admission to the first available home within a 100 km driving distance of the community where you want to live. This policy is called the "first available bed" policy. As soon as your name comes to the top of the list for your preferred facility, you will be offered the opportunity to transfer. This policy ensures you receive the right kind of care as quickly as possible. Since hospital beds are urgently needed for people requiring medical services that only hospitals can provide, it is not possible for you to stay in the hospital until a room comes up in a home of your choice. When your doctor says that your medical condition no longer requires hospitalization, the hospital may discharge you or begin to charge you for care.

Hospital Fees

Hospital patients whose doctors have said their medical condition no longer requires hospitalization, and who are waiting for the first available bed in a home within 100 km of the community where they want to live, may be charged $50 a day to remain in hospital while awaiting placement. Patients who refuse the first available bed in their area, may be discharged or charged $205 a day if they remain in the hospital. If you are concerned about hospital fees, contact your hospital social worker who can explain this policy to you in detail.

Fees for Long-Term Care

Effective January 1, 2004, the Department of Health began fully covering the health care component of a long term care facility costs for eligible residents. That leaves residents to pay the accommodation costs, as well as personal expenses similar to seniors living in the community. The Department of Health sets the accommodation rates based on the average operating costs of the three types of long term care facilities across the province:

- **Nursing Homes:** Maximum accommodation rate $77 per day
- **Residential Care Facilities:** Maximum accommodation rate $45 per day
- **Community Based Option:** Maximum accommodation rate $43 per day

There is no additional fee for private rooms. Individuals who cannot pay the maximum accommodation rate can apply to have their rate reduced, leaving the remaining costs to be paid by the Department of Health. A person's rate can be reduced through a financial assessment based on net income. Net income

is derived from line 236 "net income" minus line 435 "taxes payable" of the person's most recently completed Canada Revenue Agency Income Tax and Benefit Return.

Financial Assessment Process

As part of your application to a long-term care home, your care coordinator will help you get started on the process. If you are applying for a reduction to the Maximum Accommodation Charge, you will be asked about your income, and asked to sign consent forms that will allow the financial assessment review officers from the Department of Health to verify financial information with the Canada Customs and Revenue Agency. This information is kept confidential. The financial assessment determines whether you are eligible for a reduced accommodation charge.

Everyone who applies to a nursing home must complete a financial application.

Splitting Income Between an Applicant and their Spouse

The income belonging to you and your spouse will be evenly divided between the two of you. If after conducting the 50-50 income split, the spouse has an assessed income that falls below the Spousal Income Threshold ($1,210 at January 1, 2005) then the couple can request that the Department of Health revise the income split to leave more of the couple's combined income with the spouse in the community. The Department can reduce the authorized accommodation rate as long as the applicant is not left with less than the Minimum Retained Income (ie. $200 at January 1, 2005).

Financial Assessment Appeal Process

If you disagree with a decision regarding your authorized accommodation charge, you must fill out the *Review Request Form* that is attached to the *Notice of Authorized Charge* letter sent by the Department of Health. The letter informs you of the amount you will be expected to contribute toward the costs of your care. The *Review Request Form* will ask you to explain why you want to appeal. The *Review Request Form* must be received by the Department of Health within 30 days from the receipt of the *Notice of Authorized Charge* letter. The Department of Health conducts an administrative review where it makes sure all the right things were done to arrive at the decision.

Paying for the Cost of Care

When you enter a nursing home, you will pay the home directly for your care based on the accommodation charge authorized by the Department of Health.

Home is still the *best* place to be.

Companionship is as important as health care when it enables seniors to remain independent and in their homes. Our CAREGivers provide help at home that includes:

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- •Light Housekeeping
- •Errands
- •Meal Preparation
- •Medication Reminders
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Residents who cannot afford to pay the Maximum Accommodation Charge retain the greater of $200 a month or 15 percent of the resident's assessed income. Of course, residents also retain all their assets. The resident uses assets and retained income to cover items of personal need (eg. pharmacare co-pay, clothes, etc.) and items of personal enjoyment by the resident (eg. hairdressing, subscriptions, etc.). The resident has full control over the use and management of their retained income and assets.

Protecting Vulnerable Adults (Adult Protection)

Adults in need of protection are people 16 or older who are abused or neglected and who cannot physically or mentally protect or care for themselves.

If you suspect that an adult is in need of protection, the Adult Protection Act requires you to report any such information, even if the information is confidential or privileged.

Adult protection workers with the Department of Health have the authority to intervene and offer services to help people live safely.

Vulnerable Adults

Individuals are vulnerable for many different reasons. For instance, they may have an intellectual, physical, or mental disability that makes it impossible for them to protect themselves from emotional or physical abuse. Or, their personal circumstances may prevent them from caring for themselves properly.

Other Adults

Adults who are capable of making choices about how they'd like to live are not considered adults in need of protection, even if their personal hygiene becomes poor or their housekeeping drops off. If they have no physical problems, are mentally competent, and are capable of looking after themselves, the Adult Protection Act does not consider them to be in need of protection.

Reporting Process

If you know of an adult in need of protection, you must report it immediately to the Department of Health by calling **1-800-225-7225.** An adult protection worker will assess the situation. If, after the assessment, the worker believes that the person you have reported does need protection, the department will begin a more detailed investigation. If the adult is found to need protection, the worker will provide services to help.

Financial Abuse

The Adult Protection Act does not cover situations of financial abuse. However, if financial abuse is discovered during an Adult Protection investigation, the adult will be referred to an authority who can help safeguard their financial interests.

Elder Abuse

For more information on elder abuse, see page 75.

For more information or to report a case of suspected abuse or neglect, contact:
Continuing Care Services
Department of Health
Toll-free: 1-800-225-7225

Public Health Services

Public Health Services works in partnership with communities, families, and individuals to prevent illness, protect and promote health, and achieve well being. Staff include public health nurses, health educators, dental hygienists, nutritionists, support staff, medical officers of health, epidemiologists, and administrators and managers.

For more information, contact:

District Offices

Wolfville
Serving Annapolis, Kings, Lunenburg, Queens, Digby, Yarmouth, and Shelburne Counties.
Phone: (902) 542-6310

Truro
Serving Colchester, Cumberland, and Pictou Counties and most of the Municipality of East Hants.
Phone: (902) 893-5820

Sydney
Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.
Phone: (902) 563-2400

Dartmouth
Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.
Phone: (902) 481-5800

Addiction Services

This service provides prevention, treatment, and rehabilitation services for individuals and their families, with alcohol, drug, and gambling problems.

For more information, contact:

District Health Authority Offices

Yarmouth
Serving Annapolis, Kings, Lunenburg, Queens, Digby, Yarmouth, and Shelburne Counties.
Phone: (902) 742-2406

Pictou
Serving Colchester, Cumberland and Pictou Counties, and most of the Municipality of East Hants.
Phone: (902) 485-4335

Sydney
Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.
Phone: (902) 563-2059

Dartmouth
Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.
Phone: (902) 424-5623

Problem Gambling Help Line

See information on page 32.

ANSON CareGivers Inc.
5 Portland Estates Boulevard, Dartmouth, NS B2W 6A1
P.O. Box 1188, Dartmouth, Nova Scotia, B2Y 4B8

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Mental Health Services

A wide-range of mental health services are offered by District Health Authorities to meet the needs of Nova Scotians, including seniors. Specialized mental health services for seniors are offered in some health districts. These are described after the list of mental health services offices below.

Mental Health Services Offices

Amherst: (902) 667-3879

Antigonish: (902) 863-4511

Bridgewater: (902) 527-5228

Dartmouth:(902) 464-6054

Digby: (902) 245-4709

Halifax QEII: (902) 473-2492

Inverness: (902) 258-1911

Kentville: (902) 679-2870

Middleton: (902) 825-4825

New Glasgow: (902) 752-1137

Shelburne: (902) 875-4200

Sydney: (902) 567-8170

Truro: (902) 893-5526

Windsor: (902) 792-2042

Waterville: (902) 538-3103 ext.136

Yarmouth: (902) 742-4222

Seniors Mental Health Program

Cape Breton District Health Authority

This program is designed to meet the mental health needs of seniors in the Cape Breton

Queen Elizabeth II Health Sciences Centre
CAPITAL HEALTH

Do you have coronary artery disease and do you feel depressed?

- If you have had a balloon angioplasty, coronary bypass surgery or heart attack
- If you have lost interest or pleasure in your daily activities, or you have been sad or discouraged, and you have these feelings almost every day
- If you also experience some of the following:
  - Low energy
  - Difficulty handling stress
  - Sleep problems
  - Difficulty concentrating for example when reading or watching T.V.
  - Poor self-esteem or feeling very guilty

You may be eligible for a 12-week clinical study looking at depression.

If you are interested or want more information, **call Bonnie**, research coordinator at **473-4496** and leave a message

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Toll-free:1-866-268-2050

199066

Health District. Health care professionals experienced in seniors mental health provide assessment, treatment, and information to clients, as well as support and information to families and to staff in long-term care facilities. A particular area of focus is the identification and treatment of seniors with mental illness and the management of challenging behaviours. A range of services are available including health promotion, education, outreach (home visitations), and in-patient programs. Program staff work in consultation with two local geriatricians and a geriatric psychiatrist.

For more information, please contact:
Brian MacIsaac
Phone: (902) 567-8170

Seniors' Mental Health Service
Capital Health

This service is designed to meet the mental health needs of people 65 and older. A range of services are available including health promotion, education, outreach (home visitations), day program, and in-patient programs.

The *Seniors' Day Program* offers education and support to seniors who experience anxiety and depression. Educational groups focus on learning positive habits for healthy living, coping with grief, relaxation and dealing with negative thinking.

Health care professionals experienced in the field of seniors' mental health provide treatment and information to clients, as well as, support and information to family members.

Emphasis is placed on providing services in the home setting or community. A person's mental health is as important as their physical health. The Seniors' Mental Health Service encourages seniors to access help when required.

For more information, contact:
Nova Scotia Hospital Site
Phone: (902) 464-6054

or

Queen Elizabeth II Site
Phone: (902) 473-2492

Seniors' Mental Health Service
Kings and Annapolis Counties

This service, coordinated by a nurse and delivered with social work, occupational therapy and psychology, is designed to meet the mental health needs of seniors. Assessments and visits at home are provided by a nurse and psychiatrist. Support groups for families of individuals with Alzheimer disease and dementia are available. Regular consultation with all nursing homes in the counties is also provided. Team members are open to input from consumers and families with their ideas on how to further develop the service.

For more information, contact:

Kings County
Phone: (902) 679-2870

or

Annapolis County
Phone: (902) 825-4825

Preventing Falls

Preventing Falls Together Program

Falling is one of Nova Scotia's most under-recognized health problems. Regional coalitions are being established to develop local strategies for reducing falls and to offer services, support, education, and assistance to seniors. Coalition members include seniors, veterans, caregivers, health and rehabilitation professionals, and representatives from

communities and various levels of government. *Preventing Falls Together* is a program of Community Links. It is supported by the Nova Scotia Office of Health Promotion.

For more information, contact:
Carol McAllister, Coordinator
Phone: (902) 576-2420
E-Mail: fallsprevention@eastlink.ca
Website: www.nscommunitylinks.ca

Falls Clinic

Nova Scotians, 65 and over who have fallen or have mobility and balance difficulties can be referred to the clinic by their family doctor or by any professional with agreement from the family doctor. Professionals will assess the senior's overall health status, medications, risk factors for falling, home safety, walking aids, footwear and foot care, and home supports. They will then recommend treatment and provide counseling. The goal of the clinic is to prevent future falls in those at risk of falling.

For more information, contact:
Falls Clinic, Geriatric Day Hospital
1st Floor Camp Hill Veterans' Memorial Building
5955 Veterans' Memorial Lane
Halifax, NS B3H 2E1
Phone: (902) 473-2493

Specialized Health Programs for Seniors

Centre for Health Care of the Elderly

The centre provides health care services for older adults. Specific programs include: geriatric assessment unit, geriatric restorative (rehabilitation) unit, geriatric day hospital, and specialty outpatient clinics, such as the memory disability clinic, and falls clinic. **Referral must be made by a physician**. The centre is located in the Camp Hill Veterans' Memorial Building, QEII, Halifax. Clinics are also held in the Annapolis Valley, Lunenburg, and Antigonish.

For more information, contact:
Centre for Health Care of the Elderly
Camp Hill Veterans' Memorial Building
Halifax, NS B3H 2E1
Phone: (902) 473-8603
Website: www.geriatrics.halifax.ns.ca

Geriatric Day Hospital

QEII Health Sciences Centre

This program provides short-term outpatient rehabilitation for seniors by a team of health

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Fax (902) 865-3582

care professionals. Physician referrals are required.

For more information, contact:
Geriatric Day Hospital
Camp Hill Veterans' Memorial Building
1st Floor, 5955 Veterans' Memorial Lane
Halifax, NS B3H 2E1

Phone: (902) 473-2493

Accommodations for Health Care Patients and Visitors

Queen Elizabeth II Health Sciences Centre (QEII) Accommodations

(Halifax)

For details on special accommodation rates for patients and families using the QEII facilities, check the QEII website at:
www.cdha.nshealth.ca/facilities/qe2hsc
For a print copy of this information, call the Senior Citizens' Secretariat at **1-800-670-0065.**

Point Pleasant Lodge

(Halifax)

The Lodge is a non-profit facility with accommodations for individuals using any medical services within the Halifax area or visiting patients.

Rooms include television and telephone service and private bath. Smoking and non-smoking rooms are available, as well as accommodations for physically challenged individuals. The Lodge provides a cafeteria and reading lounge, along with laundry facilities, elevator service and limited free-parking.

The Lodge is within walking distance of the QEII Health Sciences Centre and the IWK Grace Health Centre.

Room rates:
Single occupancy: $35
Double Occupancy: $50
Call for information on family occupancy.
Reservation are recommended.

For more information, contact:
Point Pleasant Lodge
1121 South Park Street
Halifax, NS B3H 2W6

Phone: (902) 421-1599
Phone (reservations only): (902) 429-7780
E-mail: guestservices@pointpleasantlodge.com
Website: www.pointpleasantlodge.com

The Lodge That Gives

Cancer patients who normally reside in Nova Scotia, at a distance from Halifax, can stay at the lodge while receiving medical attention. Family members can stay while visiting a loved one in the hospital. To arrange a first-time reservation, you can speak to a cancer specialist, a local representative of the Canadian Cancer Society, or the booking clerk at the Halifax treatment centres.

For more information, contact:
Lodge Co-ordinator
5826 South Street
Halifax, NS B3H 1S6

Phone: (902) 420-1849

Fidelis House

(Kentville)

Fidelis House is a non-profit organization that provides accommodation for patients needing to be in the Valley area for appointments or treatment, as well as families of patients who

want to be near their loved ones in times of illness or surgery.

Fidelis House has 12 double occupancy rooms available with a private washroom. There is a communal kitchen and living room with a television. Laundry facilities are available. Breakfast foods are provided and coffee and tea is available at any time. There is a specially equipped room available for physically challenged individuals. The house is staffed around the clock with volunteers and is within walking distance of the Valley Regional Hospital. *Fee:* $20 per night, per person.

For more information, contact:
Fidelis House Society
140 Exhibition Street
PO Box 125
Kentville, NS B4N 3W4
Phone: (902) 679-6567
Website: www.nsnet.org/fidelishouse

Health Screening Programs

Nova Scotia Breast Screening Program

This program assists in the early detection of breast cancer. It offers information on breast health and mammography (breast X-rays) to women aged 50 and older who have no diagnosed breast problems.

Clinics:
There is a clinic in the Halifax Shopping Centre. A mobile van provides breast screening for the Eastern Health area (administered by the Cape Breton Hospital). A second van serves the Western Health area (administered by Yarmouth Regional Hospital). A mobile unit serves the northern area out of Truro.

For more information, contact:
NS Breast Screening Program
Halifax Shopping Centre
Tower 1, Suite 103
7001 Mumford Road
Halifax, NS B3L 4N9
Phone: (902) 473-3960
Toll-free: 1-800-565-0548

Gynaecological Cancer Screening Program

This program, part of Cancer Care Nova Scotia, is dedicated to decreasing the incidence of gynaecological cancer. Its mandate includes public education, health professional education, development and dissemination of standards for laboratory services, provincial cytology/colposcopy registry, and research.

Pap test awareness brochures and information about where to get a Pap test in your area is available upon request.

For more information, contact:
Margery MacIsaac, Program Coordinator
Bethune Building, Room 555A
1278 Tower Road
Halifax, NS B3H 2Y9
Phone: (902) 473-7438
E-mail: papforlife@ccns.nshealth.ca

Guaranteed Income Supplement (GIS)

If you are 65+, have a low or modest income, and are not receiving the GIS, call the Old Age Security Program to see if you qualify for benefits.

Call **1-800-277-9914.**

Services for Frail, Disabled, or Homebound Seniors

Adult Day Programs

Day programs provide seniors with a social environment in which they can participate in activities and meet new people. Many day programs have special services available such as health monitoring, foot care, hair styling, and exercise. Some programs offer information sessions, group outings, and social events. Usually a snack and lunch are provided. Other programs serve the needs of individuals with memory loss and confusion from Alzheimer disease and other forms of dementia. Fees vary depending on the programs and services provided.

For more information, or to enroll in an adult day program, contact the programs in your area.

Adult Day Programs

Amherst

VON Adult Day Program
Randi Peterson
43 Prince Arthur Street
Amherst, NS B4H 3Z5
Phone: (902) 667-8796

Berwick

VON Annapolis Valley Branch Adult Day Program
Barb Rand RN and Brenda Harland RN
Western Kings Memorial Health Centre
121 Orchard Street
Berwick, NS B0P 1E0
Phone: (902) 538-7844

Halifax Regional Municipality

Oakwood Terrace Adult Day Program
Tracey Leslie
10 Mount Hope Avenue
Dartmouth, NS B2Y 4K1
Phone: (902) 469-2794, ext. 199
E-mail: g.comeau@oakwoodterrace.ns.ca

Breakaway Adult Day Program
VON of Greater Halifax
Paula Yanch, St. Andrews Centre
6955 Bayers Road
Halifax, NS B3L 4S4
Phone: (902) 453-5800 ext. 231

Northwood Homecare Adult Day Programs

- Social Day Program
- Day Support Program: for individuals with Alzheimer disease or other forms of dementia

2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: (902) 454-3377

Nova Scotia Hospital
Shirley Wright
Drawer 1004, 300 Pleasant Street
Dartmouth, NS B2Y 3Z9
Phone: (902) 464-3310

The Birches
Eileen MacNeil
Musquodoboit Harbour, NS B0J 2L0
Phone: (902) 889-3474

Newport Station

Day Break Senior Day Care
Suzanne Rouleau
PO Box 193
Newport Station, NS B0N 2B0
Phone: (902) 798-5974
E-mail: sue.rouleau@ns.sympatico.ca

Parrsboro

South Cumberland Community Care Centre
Debbie Fullerton or Brenda Roberts
Parrsboro, NS B0M 1S0
Phone: (902) 254-2540

Pictou

Take a Break Program
Marg Facey
PO Box 250
Pictou, NS B0K 1H0
Phone: (902) 485-4341

Sydney Mines

Northside Harbourview Hospital Seniors' Day Program
Heather Duff
22 Richard Street
Sydney Mines, NS B1V 2H7
Phone: (902) 736-2831ext. 140

Truro

VON Colchester East Hants Branch Adult Day Program
Mona Teed
Johnson Manor
9 Church Street
Truro, NS B2N 3Z5
Phone: (902) 893-7001

VON Cumberland
Wendy MacDonald
43 Prince Arthur, Amherst B4H 3Z5
Phone: (902) 667-8796

VON Pictou County
Wendy Macdonald
835 East River Road
New Glasgow B2H 3S6
Phone: (902) 752-1192

Volunteer Visiting Programs

Volunteer Visiting Program

This program, offered by the VON of Greater Halifax matches volunteers with clients who are socially isolated to provide one-to-one friendship and support. The program reaches seniors in Halifax, Dartmouth, and some other parts of Halifax Regional Municipality.

For more information, contact:
Anne Forbes
Phone (Halifax): (902) 455-7433
Donna Hanczaryk
Phone (Dartmouth): (902) 453-5800 ext. 248

In-Home and Community Meal Programs

Nova Scotia Meals Network

The network publishes a provincial directory of meal programs for seniors, including Meals on Wheels, Wheels to Meals (community meal programs), and Private Recipe Frozen Meals. The directory is available from Spencer House Senior Centre in Halifax at 421-6131 and by calling the Continuing Care toll-free line at 1-800-225-7225.

Meals on Wheels
Hot meals are prepared locally and delivered by volunteers to your home for a modest fee.

Private Recipe Frozen Meals
Individually frozen meals are prepared and delivered to your home for a modest fee. You can choose your own complete menu from a tempting array of main dishes, soups, and desserts. Ask about special diets and pureed

meals. For more information about frozen meal delivery, contact your local VON branch (see page 128).

Community Meal Programs

Many organizations across the province sponsor hot meal programs for seniors. Such programs are often referred to as Wheels to Meals. For a modest fee, these programs provide you with a place to socialize and a chance to enjoy a nutritious meal in the company of others.

Information

For specific information on meal programs in your area, contact the Continuing Care toll-free line at **1-800-225-7225**, or the Nova Scotia Meals Network representative nearest you, as follows:

Meals Network Representatives

Central Nova Scotia
Deborah Dostal
Spencer House Senior Centre
5596 Morris Street
Halifax, NS B3J 1C2
Phone: (902) 421-6131

Eastern Nova Scotia
Joan Fownes, Dietitian
Victoria County Memorial Hospital
Box 220, Baddeck, NS B0E 1B0
Phone: (902) 295-2112
E-mail: jfownes@cbdha.nshealth.ca

Northern Nova Scotia
Sheila Hoeg
VON New Glasgow
Phone: (902) 755-4524

Western Nova Scotia
Vivian MacMillan
Box 427, Windsor, NS B0N 2T0
Phone: (902) 798-4913

or

Libby Goucher
VON Annapolis Valley Branch
Kentville, NS B4N 3V7
Phone: (902) 690-2110
Toll-free: 1-800-411-9646
E-mail: pep@vonannvalley.ns.ca

Delicious Deliveries

A catering company that prepares and delivers homestyle cooked meals to seniors and families in Dartmouth, Nova Scotia. They also offer a take-out service. Located in the Wyse Road Plaza, 172 Wyse Road, next to Blockbuster. Call **465-3663** or visit **www.deliciousdeliveries.ca**

Meals And More

This service, located in the greater Amherst area, offers home-delivered meals for seniors. Choose from a wide variety of frozen meals, soups, and desserts which come ready to heat in an oven or microwave. Special requests for vegetarian, diabetic, low-fat, low-salt, gluten, lactose-free and pureed or minced food can be arranged. A dietician is available for consultation. Free delivery in the greater Amherst area.

For more information, contact:
Susan Kastuk-Ridlington, Dietician
Phone: (506) 536-8102 (*toll-free from Amherst*)
E-mail: meals@nbnet.nb.ca

Marvellous Mouthfuls Gourmet Cooking

This Halifax-based service provides home-cooked meals that are frozen and ready-to-heat in an oven or microwave. The meals are prepared fresh and come packaged in convenient portion sizes. The variety of menus include traditional, vegetarian, and ethnic foods.

For more information, contact:
Melissa Niji
Phone: (902) 425-1069

M&M Meat Shops

Specializing in single serving meals and portion controlled meats, as well as frozen fruit and vegetable blends. Many of these foods are fully cooked and just require reheating using a toaster oven or microwave. Stores located in: Bedford, Bridgewater, Dartmouth, Halifax, Lower Sackville, New Glasgow, New Minas, Truro, and Sydney. E-flyer available. Every Tuesday Seniors 65 or over receive a 5 percent discount.

Website: www.mmmeatshops.com

Health Equipment and Supplies

Aliant Telecom

Aliant offers a variety of telephone services for people with hearing, speech, sight, or motion disabilities.

For more information, contact:
Toll-free: 1-800-694-9313
TTY/TDD: (902) 487-5999

Canadian Red Cross Society Health Equipment Loan Service

This program operates loan depots throughout the province. You can often get crutches, canes, walkers, wheelchairs, commodes, raised

Your Senior Fashions Expert

We specialize in:

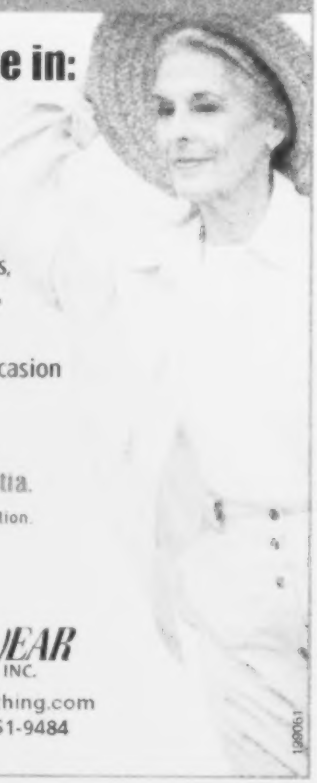
- Back closing fashions for special need customers
- Hard to find items; non elasticized socks, wide fitting slippers, cotton stockings
- Clothes for every occasion and every budget.

Mobile Service now available in Nova Scotia.

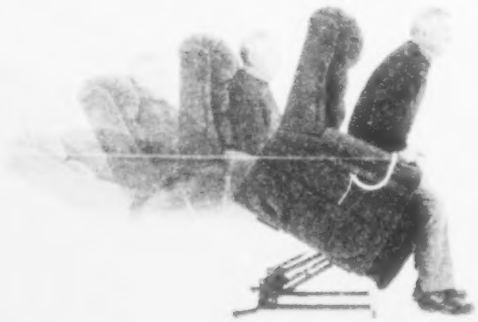
Please contact us for information.

GOLDEN WEAR CLOTHING INC.

www.goldenwearclothing.com
Toll Free: 1(888) 551-9484



Live Your Life with the Freedom of Mobility



At Harding Medical Supplies, we pride ourselves on helping people get mobile.

• Sales • Service • Rentals •

Our Address is: 5541 Russell Street Halifax
www.hardingmedical.com • 1-800-565-1680

toilet seats, and bathtub aids. Loans are free. You can borrow items for up to three months. Donations are welcome.

For more information, contact:
1940 Gottingen Street
Halifax, NS B3J 3Y2
Phone: (902) 424-1420

Medical/Hospital Supply Services

Medical/hospital supply companies offer rentals, sales and repairs of health care equipment. Items can include canes, wheelchairs, elevators, and motor scooters. The yellow pages of your local telephone directory may list these services under the headings: *Medical Equipment and Supplies, Hospital Equipment and Supplies, Wheelchairs,* or *Elevators.*

Adaptive Clothing

Dignity by Design

A Nova Scotia company created to meet the needs of those who have special difficulties getting dressed and going about their normal daily activities. They have a great selection of adaptive clothing, along with custom clothing, personal consultations and alterations.

For more information, contact:
Sharon Freeman
1266 Bedford Highway
Phone: (902) 835-5738
Toll-free: 1-877-869-2814
E-mail: specialtogs@ns.sympatico.ca
Website: www.dignitybydesign.com

How is your hearing?

Dr. Dennis A. Herx
President Audiologist

- Complete Hearing Evaluations
- O.A.E. Assessments
- Tinnitus Assessments & Counseling
- Hearing Aid Fittings
- Hearing Aid Service and Repair
- Latest State-of-the-Art Hearing Aids
- Custom-made Swim and Noise-reduction plugs

Have you had your hearing checked lately?
Do you frequently ask others to speak up or repeat themselves? Do you turn up the volume on the TV so loud that others complain? Do you feel others are mumbling? Do you hear but not understand the words?

Please call the nearest office for an appointment.

AUDIOLOGY ASSOCIATES

Your total hearing care professionals.

Dartmouth 469-8409 — 114 Woodlawn Rd.
Halifax 429-4180 — 5991 Spring Garden Rd. Suite #230
Kentville 1-800-565-5682 — 70 Exhibition St.
Bridgewater 543-0044 — 42 Glen Allen Dr.
Yarmouth 742-7349 — 615-625 Main St. Suite #231
Summerside 432-8154 — 475 Granville St. North
Charlottetown 892-6989 — 27 St. Peters Rd.

10% Seniors Discount on Hearing Aids • DVA TAPS Cards Accepted

Easy Living Shops Canada Ltd.

This company sells specialized clothing for seniors who live in nursing homes, hospitals, manors, or their own homes. Clothing is designed to be attractive and durable.

For more information, contact:
Paula Chambers, NS Representative

Phone: (902) 684-0937
Toll-free: 1-800-665-1976

Private Home Care and Home Support Services

If you require home care services, Continuing Care, Department of Health is your first point of contact. Call the Continuing Care toll-free line, at **1-800-225-7225** (see page 120).

Many private organizations also offer in-home support services to seniors who want to remain independent in their homes. They provide professional nursing care and offer a variety of home support services.

Types of services offered may include footcare, companionship, in-home nursing care, physiotherapy treatments, home-maker services, such as light housekeeping and meal preparation, and many others.

Services can be tailored to suit an individual client's needs and fees vary depending on the type of care required.

For more information, contact a home care provider in your area.

Cape Breton Area

VON Cape Breton Metro
Phone: (902) 562-1297

Cape Care Services
Phone: (902) 562-2444

Nightingale Nursing Services
Phone (Sydney): (902) 562-6274

Northside Community Guest Home
Phone: (902) 794-4733

Halifax and Surrounding Area

Anson Care Givers Inc.
Phone: (902) 435-2525

Comcare
Phone: (902) 453-0838
Toll-free: 1-800-565-1930

Eldercare Atlantic Inc.
Phone: (902) 446-3636

Haven Bay Home Care Services
Phone: (902) 826-1341

Health & Home Senior Care
Phone: (902) 435-8555

Home Instead Senior Care
Phone: (902) 429-2273

Lean on Me Home Health Care Services
Hubbards
Phone: (902) 857-9076

Licensed Practical Nurses Private Duty Registry
Phone: (902) 499-3004

Nightingale Nursing Services
Phone (Halifax): (902) 465-9777

Northwood Homecare
Phone: (902) 492-3346
Toll-free: 1-800-461-3346

Powers Senior Home Care Inc.
Phone: (902) 832-9158

Pro Seniors
Phone: (902) 832-1070

Red Cross Home Support Services
Phone: (902) 496-0103

Stay Home Care
Phone: (902) 864-2677

VON Greater Halifax
Phone: (902) 453-5800

We Care
Home Health Services
Phone: (902) 454-2571

North Shore Area

VON Antigonish
Phone: (902) 863-5700

VON Colchester East Hants
Phone: (902) 893-3803

VON Cumberland County
Phone: (902) 667-8796

VON Pictou County
Phone: (902) 752-3184

South Shore Area

Care Choices Inc.
Phone: (902) 527-1622

Caregivers 'n' More
Phone: (902) 425-7727

Health & Home Senior Care
Phone: (902) 356-3331

P.L.S. In-Home Care Ltd.
Phone: (902) 543-2877

VON Lunenburg County
Phone: (902) 624-1897

VON Queens County
Phone: (902) 354-3297

Valley Area

VON Annapolis Valley
Phone: (902) 678-3415

Western Area

VON Tri-County
Phone: (902) 742-4512

Health Professionals and Services

Physician Information Line

The Department of Health provides a listing of family doctors in Nova Scotia who are currently taking new patients. The list is also available on-line at: **www.gov.ns.ca/health/programs.htm**

For more information, contact:
Department of Health
Physician Information Line
Phone: (902) 424-3047

After Hours Physician Services

Family Focus

Family Focus clinics provide after hours access to family physicians. Clients can call ahead or walk in for a same day appointment.

For more information, contact:

Atlantic Superstore (Dartmouth)
Phone: 462-2038

Professional Centre (Halifax)
Phone: 420-2038

Atlantic Superstore (Sackville)
Phone: 869-2038

Dartmouth Medical Centre

Hours: Monday to Friday: 9:00 am – 8:00 pm
Weekends: 9:00 am – 5:00 pm
Phone: 465-4530

Chiropractors

Doctors of Chiropractic in Nova Scotia are licensed by the Nova Scotia College of Chiropractors and regulated by the Chiropractic Act of Nova Scotia. You do not require a referral to schedule a chiropractic appointment, however you may require a

referral in order to be reimbursed by your insurance company. Chiropractic care has been shown to be effective and cost-effective for musculo-skeletal conditions such as neck pain, back pain, headaches and whiplash.

To find a chiropractor near you consult the yellow pages in your telephone directory or contact:

Phone: (902) 521-2735
E-mail: inquiries@chiropractors.ns.ca
Website: www.chiropractors.ns.ca

Occupational Therapists

Occupational therapy is a health care profession that focuses on skills for the job of living. Disease or disability often impacts how we perform everyday activities (bathing, dressing, feeding oneself, homemaking, hobbies). Occupational therapists can provide treatment programs aimed at improving abilities to complete activities of daily living. They can provide home safety assessments to prevent injury as well as prescribe and educate in the use of adaptive equipment and aids. Occupational therapists work with seniors in a variety of settings including hospitals, private clinics, long-term care facilities and your own home. You do not require a physician referral to be seen. Occupational therapy within the hospital setting is covered under MSI, however coverage varies on private health insurance policies.

For more information contact your local community hospital or:
Nova Scotia Society of Occupational Therapists
Phone: (902) 453-4537

Physiotherapists

Physiotherapy is the health care profession dedicated to enhancing and restoring mobility. You do not require a referral to schedule an appointment, however you may require a referral in order to be reimbursed by your insurance company. Physiotherapists provide health care to seniors in many different settings including hospitals, private clinics, long-term care facilities, seniors complexes, or your own home. Physiotherapy treatment provided in hospital settings in Nova Scotia is covered by MSI, however funding varies when services are offered outside a hospital. Many (but not all) private insurance policies cover physiotherapy services. To inquire about seeing a physiotherapist, look in the yellow pages of your telephone directory or contact your community hospital.

Podiatrists and Chiropodists
(Foot Care)

These specialists treat all types of foot disorders. Their services are not covered by MSI; however, most private and employer health plans, and some government agencies will partly or totally cover the cost. You do not need a physician's referral. Your physician can tell you if a chiropodist or podiatrist is a certified member of a recognized association (such as the Maritime Association of Certified Chiropodists–Podiatrists). For a list of practitioners in your area, look in the yellow pages of your phone book under the heading *Podiatrists*.

Serving the hearing needs of Nova Scotians for over 7 years:
- Thorough hearing testing by certified audiologists
- The latest in hearing aid technology
- Custom fit earplugs

Unit 3, Saint Andrew's Professional Centre
70 Saint Andrew's St., Antigonish
Clinics also held at the Wellness Centre, Port Hawkesbury

Highland Hearing Clinic Limited
Phone 863-0633 or Toll Free 1-888-757-HEAR
www.harmonyhearing.com
199075

VON Footcare Services

The VON provides footcare services and clinics in various parts of Nova Scotia. For more information, call the VON office nearest you.

Dalhousie Dental Clinic

The dental clinic at the Faculty of Dentistry at Dalhousie University provides services to the general public at reduced fees. The clinic is staffed by supervised students of the Dentistry program and they provide a wide-range of dental services.

For more information, contact:
Dalhousie Dental Clinic
5981 University Avenue
Halifax, NS B3H 1W2

Phone: (902) 494-2101

In-Home Services

ElderCare Atlantic Inc.

This company provides coordinated life management services to seniors and their families. Services include health needs assessment and management, home care, paying bills, preparing tax returns, helping with home maintenance/management (everything from grass cutting, to snow removal, to general repairs, to wheel chair ramp construction), objective review of residence options, and assisting with residence transition. Fees vary depending on the services provided.

For more information, contact:
Steve or Gary Armstrong
15 Botany Terrace
Halifax, NS B3N 2Z6

Phone: (902) 446-3636
E-mail: eldercareatl@hfx.eastlink.ca

JKM Industries

JKM Industries provides handyman, home improvement, and repair services, as well as computer services. JKM Industries is flexible and has discounted rates for seniors.

For more information, contact:
JKM Industries
Bedford, NS B4A 3X2

Phone: (902) 832-7137
Website:www.jkmindustries.com

Kim's Trim Mobile Salon

Your hairdressing needs can be met at home if you live in the Halifax, Dartmouth, and Sackville areas.

For more information, contact:
Phone: (902) 458-6695

Leona Burke's Blood Collection Services

This service is available at a number of locations in Dartmouth, Eastern Passage, Woodside, Cole Harbour, and Lower Sackville. You can make an appointment or just walk in. *Fee: $10 Home visit fee: $20.* Call for information on the location nearest you.

For more information, contact:
Phone: (902) 461-2391
Website: www.lbbloodcollection.com

MacCulloch Med Tech Services Inc.

This service provides on-site and at-home blood and urine test collection services, and transports the samples directly to your doctor's preferred hospital lab. It serves clients in Halifax Regional Municipality including the Peggy's Cove Road area, with a branch open in Industrial Cape Breton.

For more information, contact:
101 Ilsley Avenue, Suite 5A
Dartmouth, NS B3B 1S8
Phone: (902) 477-7642
Toll-free: 1-800-213-1454
E-mail: mmts@bloodtest.ca

MobiliCare Inc.

This service offers blood collection, massage therapy, and nursing visits by registered and certified professionals. The fees are as follows: in-home blood collection: $23, in-home massage therapy: $65, and RN nursing visits: $38. For all services provided, please call for an appointment. The services are offered 7 days a week, and the blood clinics run Monday to Saturday, 8:00 am – 12:00 pm.

For more information contact:
Mobilicare Inc.
Phone: (902) 830-2273

Seniors for Seniors

This program serves older adults and seniors. Services include: home-makers, handy-persons, home cleaners, and companions.

For more information, contact:
Howard Court or Janet Wilson
7001 Mumford Road, Tower 1
Suite 819, Halifax, NS B3L 4N9
Phone (*Halifax*): (902) 454-3674
Phone (*Truro*): (902) 897-7355
Toll-free: 1-800-719-6643

Seniors Snow Removal Program (HRM)

Halifax Regional Municipality (HRM) has partnered with seniors groups and other volunteer groups in HRM, to provide a snow removal service for seniors (65+) or disabled persons.

Seniors wishing to receive this service, must preregister for the program and provide a shovel and salt for the volunteer. Registration closes in early December.

For more information, contact:
Snow Removal General Inquiries
Phone: (902) 558-1049
Website: www.region.halifax.ns.ca/services/seniorssnow.html

Halifax

Chebucto Links
Phone: (902) 422-3525

Rockingham Community Centre
Phone: (902) 490-4686

Spencer House Seniors Centre
Phone: (902) 421-6131

Dartmouth

Dartmouth Seniors Service Centre
Phone: (902) 465-5578

Sackville

Sackville Seniors Advisory Council
Phone: (902) 854-5591

Grocery Delivery Services

Grocery delivery costs vary depending on the store. A few stores have a service where customers can phone in their orders, have them filled and delivered and they usually have to call at a specified time. Contact specific stores for details.

Digby County

Warwick Street Sobeys, Digby
Phone in and delivery on Tuesdays
Phone: (902) 245-6183

Halifax Regional Municipality

Main Street Sobeys, Dartmouth
Delivery only
Phone: (902) 434-6696

Wyse Road IGA, Dartmouth
Phone in and delivery
Phone: (902) 465-7254

Mumford Road Sobeys, Halifax
Delivery on Thursdays
Phone: (902) 454-7277

Queen Street Sobeys, Halifax
Phone: (902) 422-9884

Shelburne County

Main Street Sobeys
Barrington Passage
Phone: (902) 637-3063

King Street Sobeys, Shelburne
Phone: (902) 875-2458

Queens County

Bristol Avenue Sobeys, Liverpool
Phone: (902) 354-4225

Truro

Cavanagh's Food Market
86 Main Street
Phone: (902) 895-4179

Caregiver Support

Caregiver Resource Library Nova Scotia Centre on Aging

See information provided on page 47.

Family Caregivers Association of Nova Scotia

This association provides information and support to caregivers—those special people who care for family, friends, or neighbours of any age who are physically or mentally challenged, chronically ill, or frail. Their care can be provided either at home or in a care facility. Caregivers are neither paid nor volunteers due to their personal bond with the care receiver.

Support groups for family caregivers are active in many parts of Nova Scotia.

Contact the association to locate the group nearest you, to receive a free newsletter, or find answers to your caregiving questions.

For more information, contact:
3115 Veith Street
Halifax, NS B3K 3G9

E-mail: support@caregiversns.org
Phone: (902) 421-7390
Toll-free: 1-877-488-7390
Website: www.caregiversns.org

Respite Care

Some long-term care homes have respite care beds set aside to allow your care needs to be

Medigas

- Approved Vendor for the Nova Scotia Home Oxygen Program
- Accredited by the Canadian Council on Health Services Accreditation
- Experienced Healthcare Professionals to assist in your Home, Oxygen and CPAP Needs
- Servicing Nova Scotia since 1969
- Bi-lingular service available
- Locations available throughout Nova Scotia

Please Call *1-800-363-9333*
for your nearest Medigas location closest to you.
199112

met in a long-term care home while your caregivers have a break (see page 99).

Call the Continuing Care toll-free line at **1-800-225-7225**, to learn more about the respite services for caregivers available through the Continuing Care program (see page 99). Respite services are also provided by many private home care agencies (see page 114).

Palliative Care and Estate Planning

Palliative care combines active and compassionate therapies to comfort and support individuals and families who are living with a progressive life-threatening illness, or who are bereaved.

Palliative care can provide relief from pain and other distressing symptoms, and offer a support system to help you live as actively as possible until death. It can also offer a support system to help your family cope during your illness and in their own bereavement.

This fall, get your flu shot. It could save your life!

Nova Scotia Hospice/ Palliative Care Association

This association promotes the philosophy and principles of palliative care. It provides education for its members and surrounding communities. The association is the spokesperson for palliative care in Nova Scotia. It provides a directory of palliative care, hospice, and support services in Nova Scotia. With over 40 entries, the directory is comprehensive and complete. To obtain a copy, either send an e-mail to the association at **judy.simpson@ccns.nshealth.ca** or call the Senior Citizens' Secretariat at **1-800-670-0065.**

For more information, contact:
Lynn Yetman, President
c/o 207 Willow Street
Truro, NS B2N 5A1
Phone: (902) 893-7171
E-mail: debbie.ross@cehaa.nshealth.ca

Hospice Society of Greater Halifax

This society offers the Grieving Circle, every Thursday from 7:00 to 8:30 pm at Northwood Centre. Trained facilitators guide discussion and provide information about loss and grief.

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B4N 3E1
Ann Hiltz
681-2887

www.nelsonmounments.com

There is no fee, and those experiencing a loss may join anytime and attend once, occasionally, or every week.

For more information, contact:
Jacquie Bell
PO Box 33076
Halifax, NS B3L 4T6

Phone: (902) 446-0929
E-mail: hospice@eastlink.ca
Website: www.hospicehalifax.com

Compassionate Care Benefit

This is a benefit under the Employment Insurance Act available to those who are caring for a gravely ill family member. It is not a tax deduction or credit.

For more information on the Compassionate Care Benefit, refer to the Social Development Canada's website **www.sdc.gc.ca** or check local government listings.

Managing Your Affairs

Everyone should take the necessary legal steps to ensure their affairs will be properly managed if they become unable to manage their affairs themselves. For more information on Power of Attorney, Enduring Power of Attorney, and Guardianship, contact the Legal Information Society of Nova Scotia (see contact information on page 66).

The period following a death is a highly emotional one. Some pre-planning can spare your friends and family from confusion, worry, some agonizing decisions, and legal entanglements. Do you know where your important papers and documents are located? If you don't, it is unlikely that your survivors will be able to find them either.

Important Documents

Your immediate family or friends should be entrusted with the location of your personal documents. This matter is best done by preparing a list of your most important documents, and keeping them in one location. You should include these documents in your record: birth certificate, social insurance number, will, insurance policies, mortgages, deeds, tax bills, leases, debts, and bank accounts.

Friends of the Family

This service helps organize and administer estates. Together, you can develop an Estate Plan, which is a written expression of how you want your assets to be owned, managed, and preserved during your lifetime and how you want them disposed of upon your death.

Contact:
Norma MacLeod
3419 Rowe Avenue
Halifax, NS B3L 4C8

Phone: (902) 434-4774
E-mail: normaml@ns.sympatico.ca

Preparing for an Expected Death at Home

A brochure is available on the Department of Health website at
www.gov.ns.ca/health/reports.htm
to assist persons who are preparing for an expected death at home. It has two sections: the first is written for the person who is terminally ill; the second will help family, friends, and others understand what is happening to their loved one during the last days and hours of life.

To request a print copy of the brochure, contact the Senior Citizens' Secretariat, at **1-800-670-0065.**

Funeral Arrangements

When someone dear to you dies, it is important to find out his/her instructions concerning funeral arrangements and bequeathing the

body for medical research or organ donation. Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut costs by eliminating the items you consider to be least important. Cremation is one available alternative.

In situations where there is little or no money for funeral expenses, assistance may be available through the Nova Scotia Department of Community Services.

To apply, contact the Field Office nearest you (see page 63). Members of religious organizations should call their clergy first, to discuss matters. If the deceased was a war veteran, Veterans Affairs Canada may provide assistance.

Last Post Fund Veterans' Funeral Services

The Last Post Fund is a non-profit national corporation with branches across Canada. Its purpose is to arrange and pay for the funeral and burial of qualified war veterans. Applications for reimbursement of funeral and burial costs may also be submitted for consideration up to one year following the death of a war veteran.

For more information, contact:
Last Post Fund, Nova Scotia Branch
Chebucto Place
7105 Chebucto Road, Suite 200A
Halifax, NS B3L 4W8

Phone: (902) 455-5283
Toll-free: 1-800-565-4777
E-mail: lpfnsb@eastlink.ca
Website: www.lastpostfund.ca

JKM Industries

JKM Industries creates cremation urns, memory chests, pet caskets, pet urns, and memory boxes.

For more information, contact:
JKM Industries
Bedford, NS B4A 3X2
Phone: (902) 832-7137
Website: www.jkmindustries.com

Notification of Death

Following the death of a spouse or loved one it is necessary to contact various government and private companies and advise them to terminate programs. A brief listing of possible contacts follows:

- Human Resources Development Canada, Income Security Programs (Old Age Security, Canada Pension Plan)
- Veterans Affairs Canada
- Private pension board of previous employer
- Nova Scotia Department of Health Pharmacare Program
- Nova Scotia Registry of Motor Vehicles re driver's licence
- Insurance companies
- Credit card companies

Death Certificate

In most situations, funeral directors look after arrangements and have the death registration submitted to the Deputy Registrar General. If you require a copy of the death certificate for any purpose, it may be obtained for a fee of $25 from the Deputy Registrar General, at the number listed below.

For more information, contact:
Service Nova Scotia and Municipal Relations
PO Box 157
Halifax, NS B3J 2M9

Phone (Halifax): (902) 424-4381
Toll-free: 1-877-848-2578

Death Benefits

Several pension plans include survivor benefits. All sources of income for the deceased should be checked to see what provisions are made for survivors. Because of the way pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. Plans to consider are: Old Age Security, Canada Pension Plan Death Benefit, Surviving Spouse's Benefit, Dependent Childrens' Pension, and any private pension plans, i.e. military pensions, company and/or other work related plans. If you need assistance with this, consult an accountant.

Health-Related Organizations

Abilities Foundation of Nova Scotia

The Foundation serves children, teens, and adults with physical disabilities in Nova Scotia.

For more information, contact:

Faye Joudrey, Coordinator
Community and Client Services
3670 Kempt Road
Halifax, NS B3K 4X8

Phone: (902) 453-6000
E-mail: admin@abilitiesfoundation.ns.ca
Website: www.abilitiesfoundation.ns.ca

ALS Society of Canada

This voluntary organization is committed to supporting research towards a cure for Amyotrophic Lateral Sclerosis (ALS), and to supporting ALS partners in the provision of quality of care for persons affected by ALS.

For more information, contact:

ALS Society of Nova Scotia
3433 Dutch Village Road
Halifax, NS B3N 2S7

Phone: (902) 454-3636

E-Mail: info@alsns.ca
Website: www.als.ca

Alzheimer Society of Nova Scotia

The society is committed to relieving the personal and social effects of Alzheimer disease and other dementia. It helps individuals, family members, friends, and caregivers affected by the disease. The society also supports the search for the disease's cause and cures.

Family Education Support Groups

The Alzheimer Society has 32 locations in the province that offer support and information to families. Monthly support groups give you the opportunity to learn from the experiences of other families. Meetings may feature guest speakers or video presentations. In areas where meetings are not held, the volunteer community leaders provide telephone support.

Early Alzheimer Support Program

This program is for individuals diagnosed in the early stages of Alzheimer disease. It consists of a support group led by trained professionals with experience helping individuals and families affected by a memory disorder. Support groups meet for a total of eight sessions at the QEII Health Sciences Centre (Camp Hill Veterans Memorial Building) in Halifax.

For more information, contact:

5954 Spring Garden Road
Halifax, NS B3H 1Y7

Phone: (902) 422-7961
Toll-free: 1-800-611-6345
E-mail: info@alzheimer.ns.ca
Website: www.alzheimer.ns.ca

The Arthritis Society

The Society offers a variety of arthritis education, information, and support programs to help people better manage and live with arthritis.

The Arthritis Registry: To join this free service, call the Arthritis Information Line at **1-800-321-1433** and receive useful information on the arthritis treatments, medications, programs, and services available in your area.

For more information contact:

Nova Scotia Division, West End Mall
6960 Mumford Road, Suite S-13
Halifax, NS B3L 4P1
Phone: (902) 429-7025
Toll-free: 1-800-321-1433
E-mail: info@ns.arthritis.ca
Website: www.arthritis.ca/novascotia

Brain Injury Association of Nova Scotia (BIANS)

The association strives to meet the lifelong needs of people with acquired brain injury caused by traumatic brain injury or by internal causes such as strokes, tumours, aneurysms, oxygen deprivation or illness.

For more information contact:

PO Box 8804
Halifax, NS B3K 5M4
Phone: (902) 473-7301
E-mail: bians1@ns.sympatico.ca
Website: www3.ns.sympatico.ca/bians

Canadian Cancer Society

This volunteer-based organization funds cancer research and provides support, through programs and services, for those affected by cancer. To learn more, call toll-free **1-800-639-0222** or visit **www.cancer.ca**.

Cancer Information Service: The society offers a toll-free information service staffed by caring, knowledgeable, personnel who provide information on all aspects of cancer.
Call: **1-888-939-3333**

Smokers' Helpline

This new toll-free, telephone-based, information and support service is for smokers and people who care about them. Trained personnel answer questions about quitting and help callers develop a "quit plan" that will work for them. Call: **1-877-513-5333**

Cancer Connection

This new toll-free, telephone-based, one-on-one peer support program connects people living with cancer to people who provide support based on similar cancer experience.
Call: **1-800-263-6750**

For more information, contact:

Canadian Cancer Society
Nova Scotia Division
5826 South Street, Suite 1
Halifax, NS B3H 1S6
Phone: 423-6183
Toll-free: 1-800-639-0222
E-mail: ccs.ns@ns.cancer.ca
Website: www.cancer.ca

Canadian Celiac Association

This national organization is dedicated to providing services and support to persons with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education and research.

For more information contact:

Ernie Nickerson, President
Halifax Chapter
PO Box 9104 Station A
Halifax, NS B3K 5M7
Phone: (902) 464-9222
Website: www.celiac.ca
E-mail: celiac.halifax@ns.sympatico.ca

Canadian Diabetes Association

This association promotes the health of Canadians through diabetes research, education, service and advocacy. Services include weekend retreats especially for those 50+, literature, awareness, and other educational sessions.

For more information, contact:

Nova Scotia Region
137 Chain Lake Drive, Suite 101
Halifax, NS B3S 1B3

Phone: (902) 453-4232
Toll-free: 1-800-326-7712
Website:www.diabetes.ca

Canadian Liver Foundation

The Foundation provides many services for liver disease patients, their families, health care professionals, and the public.

For more information, contact:

Gina Lipson, Halifax Chapter
Phone: (902) 423-8538
Toll-free: 1-800-563-5483
E-mail: clf@liver.ca
Website: www.liver.ca

Canadian Mental Health Association

This voluntary association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. It accomplishes its mission through advocacy, education, research, and services.

For more information, contact:

Nova Scotia Division
Phone: (902) 466-6600
E-mail: cmhans@netcom.ca

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Annapolis County: Bridgetown
Phone: (902) 665-4801

Cape Breton: Sydney
Phone: (902) 567-7735
E-mail: cmhacbrh@cbdha.nshealth.ca

Colchester/East Hants County: Truro
Phone: (902) 895-4211
E-mail:cmha@eastlink.ca

Dartmouth
Phone: (902) 463-2187
E-mail: myerst@accesswave.ca

Halifax
Phone: (902) 455-5445
E-mail: cmhahal@istar.ca

Kings County: Kentville
Phone: (902) 679-7465
E-mail: Mhepburn.cmhao@ednet.ns.ca

Lunenberg County: Bridgewater
Phone: (902) 527-1893
E-mail: cmhalcb@hotmail.com

Pictou County: New Glasgow
Phone: (902) 755-9441
E-mail: cmha.pcb@ns.sympatico.ca

Epilepsy Association of Nova Scotia

The Association provides support to Nova Scotians affected by epilepsy.

For more information, contact:
Deborah Boltz, Executive Director
Phone: (902) 429-2633
E-mail: eans@ns.sympatico.ca
Website: www.epilepsyns.com

Halifax Stroke Club

The club operates as a self-help group for stroke survivors, family, and friends. It also offers support and companionship.

For more information, contact:
Mel MacLeod
Phone: (902) 477-1381

Heart and Stroke Foundation of Nova Scotia

The Foundation promotes the study, prevention, and reduction of premature death and disability from heart disease and stroke. It supports research, education, and the promotion of healthy living.

For more information, contact:
7th Floor, 5161 George Street
Halifax, NS B3J 1M7
Phone: (902) 423-7530
Toll-free: 1-800-423-4432
Website: www.heartandstroke.ca

Kidney Foundation of Canada

The Foundation funds research and clinical education, provides services for the special needs of individuals living with kidney disease, advocates for access to high-quality care, and actively promotes awareness of and commitment to organ donation.

For more information, contact:
Marie Oxner, Office Administrator
Nova Scotia Branch
1657 Barrington Street, Suite 235
Halifax, NS B3J 2A1
Phone: (902) 429-9298
Toll-free: 1-800-889-5557
E-mail: kidneyfoundation@ns.aliantzinc.ca
Website: www.kidney.ca

Lung Association of Nova Scotia

The Lung Association's fund-raising activities provide resources to support the goal of improving lung health and fighting lung disease across the province. It provides public education, research, patient services and professional education for the medical community.

The Association has a new information and support program for those with adult

breathing problems and COPD (Emphysema and Bronchitis) called Breathworks. To speak with a certified COPD education counsellor, call **1-866-717-2673**.

For more information, contact:

Bill VanGorder, President CEO
17 Alma Crescent
Halifax, NS B3N 3E6

Phone: (902) 443-8141
Toll-free: 1-888-566-5864
E-mail: info@ns.lung.ca
Website: www.ns.lung.ca

Multiple Sclerosis (MS) Society of Canada

The MS Society works to find a cure for multiple sclerosis and is dedicated to improving the quality of life for people with MS.

For more information, contact:

Atlantic Division
71 Ilsley Avenue, Unit 12
Dartmouth, NS B3B 1L5

Phone: (902) 468-8230
Toll-free: 1-800-268-7582
E-mail: info.atlantic@muscle.ca
Website: www.mssociety.ca

Muscular Dystrophy Association of Canada

Programs and services provided by the Atlantic Division include the Atlantic Equipment and Mobility Program, a peer support program, education and advocacy, and individual support.

For more information, contact:

Janet Everest, Atlantic Division
1888 Brunswick Street, Suite 804
Halifax, NS B3J 3J8

Phone: (902) 429-6322
E-mail: infoatlantic@mdac.ca

Osteoporosis Society of Canada

This society educates, empowers, and supports individuals in the prevention and treatment of osteoporosis. You can call the society to ask for medically accurate information on the causes, prevention, and treatment of osteoporosis.

For more information, contact:

Nova Scotia Chapter
Jean Murdoch, Chairperson
Phone: (902) 445-2448

or

Osteoporosis Society of Canada
33 Laird Drive
Toronto, ON M4G 3S9

Toll-free (*English*): 1-800-463-6842
Sans frasi (*Français*): 1-800-977-1778
E-mail: osc@osteoporosis.ca
Website: www.osteoporosis.ca

Parkinson Society Canada

This organization aims to ease the burden and find a cure for Parkinson's disease. Programs include: advocacy, education, research, and support services to improve quality of life for people affected by Parkinson's. Call the toll-free number for information on support groups and chapters.

For more information, contact:

Maritime Region
5991 Spring Garden Road, Suite 290
Halifax, NS B3H 1Y6

Phone: (902) 422-3656
Toll-free: 1-800-663-2468
E-mail: info@parkinsonsocietymaritimes.ca
Website: www.parkinson.ca

Psoriasis Society of Canada

The Society's goals are to increase awareness of psoriasis, form support groups across Canada, consult with government, assist with programs and services, and encourage research programs.

For more information, contact:

Judy Misner, President
PO Box 25015
Halifax, NS B3M 4H4
Phone: (902) 443-8680
Toll-free: 1-800-656-4494
Website: www.psoriasissociety.org

Victorian Order of Nurses (VON)

This charitable organization provides professional health care services to individuals and their families at home or in the community setting. Its visiting nursing, home support, and charitable programs help seniors stay independent and in charge of their own lives. Services include health assessment and teaching, rehabilitation, palliative care, bereavement follow-up, homemaking, personal care, and respite care. Charitable services include meals programs, transportation programs, volunteer visiting, and more.

Referrals are accepted from all sources. Care is provided in consultation with a physician. Service is available seven days a week. VON is supported by fees for service, donations, grants, and fundraising projects.

Fees: Based on the average cost of the visit. If you live in the areas served, you will not be refused service for financial reasons.

For more information, contact:

VON Canada, Nova Scotia
108 Cobequid Road
Lower Sackville, NS B4C 2N2
Phone: (902) 865-4688

Programs for Seniors 2005
16th Edition

The 16th annual Programs for Seniors is co-published by the Nova Scotia Senior Citizens' Secretariat, Communications Nova Scotia and Transcontinental Specialty Publications/Holiday Media. The publication is an annual, comprehensive resource book describing the services, programs, and organizations available in Nova Scotia for seniors.

Seventy-five thousand copies are distributed free-of-charge to the seniors population of Nova Scotia through seniors' organizations, government departments, pharmacy outlets, Sobeys, family physicians offices and public libraries.

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c/o Transcontinental
Specialty Publications/
Holiday Media
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E-mail: ntracz@hfxnews.ca

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Dennis Building, 4th Floor
1740 Granville Street
PO Box 2065
Halifax, NS B3J 2Z1
Tel: (902) 424-0065
Toll Free: 1-800-670-0065
Fax: (902) 424-0561
E-mail: SCS@gov.ns.ca
Website: www.gov.ns.ca/scs

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(902) 742-4512

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(902) 667-8796

Colchester East Hants
(902) 893-3803

Antigonish
(902) 863-5700

Cape Breton Metro
(902) 562-1297

Pictou County
(902) 752-3184

Annapolis Valley
(902) 678-3415

Professional Associations

Continuing Care Association of Nova Scotia (CCANS)

Debra Leigh, Chief Operating Officer
Bloomfield Centre Office
2786 Agricola Street, Room 119
Halifax, NS B3K 4E1

Phone: (902) 453-2977
E-mail: ccans@ns.sympatico.ca
Website: www.ccans.cjb.net

Home Support Nova Scotia Association (HSNSA)

Karen Slaunwhite
287 Lacewood Drive
Unit 103, Suite 349
Halifax, NS B3M 3Y7

Phone: (902) 479-0989
E-mail: hsnsa@hfx.andara.com

Doctors Nova Scotia

5 Spectacle Lake Drive
Dartmouth, NS B3B 1X7

Phone: (902) 468-1866
www.doctorsns.com

Nova Scotia Association of Health Organizations (NSAHO)

2 Dartmouth Road
Bedford, NS B4A 2K7

Phone: (902) 832-8500
www.nsaho.ns.ca

Know Your Medications

Talk to your doctor or pharmacist about the medications you are taking.

Give us your comments

If you have suggestions for improving *Programs for Seniors*, please take a few minutes to fill out this comment form and mail it to the address on the back.

Place an X in the box next to the word that best describes your opinion.

1. **How would you rate the usefulness of the information in *Programs for Seniors*?**
   - ❑ Not Useful
   - ❑ Useful
   - ❑ Very Useful
   - ❑ Other _____

2. **How easy is it to locate the information you need?**
   - ❑ Not easy
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   - ❑ Other _____

3. **What age category are you in?**
   - ❑ (65+)
   - ❑ (50–64)
   - ❑ (49–)

(Continued on next page)

4. If you have any suggestions for improving *Programs for Seniors,* please list them below.

Thank you for taking the time to complete this comment form.

Your answers and comments will be very useful in preparing the next edition of *Programs for Seniors.*

Please mail to:

Nova Scotia Senior Citizens' Secretariat
PO Box 2065
Halifax, NS B3J 2Z1

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